

Dr Paul Rodet

VITTEL



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Zr P. Rodet

Ought not to send brain skin
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VITTEL:

(VOSGES—FRANCE.)

MEDICAL, PICTURESQUE,

AND

ANECDOTAL.

WORKS BY THE SAME AUTHOR.

Manuel de Thérapeutique et de pharmacologie, in-18, 730 pages.
Paris, 1884.

Traité des Tumeurs de l'ovaire et de l'utérus, par Sir T. Spencer Wells, Bart. French translation, in-8°, 500 pages.
Paris, 1883.

De l'Hématocèle utérine étudiée au point de vue de sa genèse, in-8°, 70 pages. Paris, 1880.

La Pratique des accouchements chez les peuples primitifs, in-8°, 400 pages, with 83 engravings. Paris, 1886 (en collaboration avec Engelmann).

Mœurs obstétricales de l'Océanie. 1885.

La Pratique de l'obstétrique chez les Chinois, translated from English. 1881.

Le Travail des enfants dans l'industrie aux États-Unis, in-8°. Paris, 1882.

Étude médico-légale sur Guiteau, l'assassin du président Garfield. Paris, 1882.

De la Duodéno-chloécystotomie, par Gaston. French translation. Paris, 1886.

Medical Guide to Vittel. Paris, 1886.

VITTEL:

(VOSGES—FRANCE.)

MEDICAL, PICTURESQUE,

AND

ANECDOTAL.

BY

PAUL RODET, M.D. PARIS.,

CONSULTING PHYSICIAN AT VITTEL,

MEMBER OF THE SOCIÉTÉ DE MÉDECINE PRATIQUE,

CORRESPONDING MEMBER OF THE ACADEMIE ROYALE DE MÉDECINE ET DE
CHIRURGIE DE BARCELONE,

OF THE SOCIÉTÉ IMPERIALE DE MÉDECINE DE CONSTANTINOPLE,
OFFICIER D'ACADÉMIE.



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DATE

TO
M. CHARLES GARNIER,

MEMBRE DE L'INSTITUT.

IN WRITING YOUR NAME AT THE HEAD OF THIS WORK
I AM SURE OF GAINING THE SYMPATHY
OF MY READERS.

YOU HAVE MADE VITTEL A CHARMING PLACE,
AND I FEEL ASSURED OF BEING THE INTERPRETER OF
EVERYONE IN ASKING YOU,
AS A MODEST TESTIMONY OF OUR ADMIRATION
AND OF OUR GRATITUDE, TO ACCEPT
THE DEDICATION OF THIS WORK

PAUL RODET, M.D.

LIST OF AUTHORS ON THE SUBJECT OF THE VITTEL WATERS.

PATÉZON.—‘Vittel, ses eaux minérales,’ 1859. ‘Études cliniques sur les maladies traitées à Vittel,’ 1862. ‘Hygiène d’un buveur d’eau,’ 1865. ‘Conseils aux malades qui font usage des eaux minérales en boisson.’ ‘Guide aux eaux minérales de Vittel,’ 1867. ‘Des coliques hépatiques et de leur traitement par les eaux de Vittel.’ ‘Goutte et gravelle,’ 1876. ‘Hygiène de la vessie,’ 1885. ‘Du traitement hydro-minérale de Vittel après l’opération de la pierre,’ 1886.

BOULOUMIÉ (Pierre).—‘Du catarrhe vésical et de son traitement par les eaux de Vittel.’ ‘Des urines ammoniacales,’ 1874. ‘Discussion sur l’albuminerie et son traitement,’ 1876. ‘Médication hydro-minérale de Vittel,’ 1867. ‘De l’action prétendue reconstituante des alcalins,’ 1881. ‘Du traitement de Vittel avant l’opération de la pierre,’ 1886.

RODET (Paul).—(Voir au commencement de cet ouvrage la page qui fait face au titre.)

BOULOUMIÉ (Ambroise).—‘Guide aux eaux minérales des Vosges’ (collection Joanne).

PESCHIER.—‘Étude sur les eaux de Vittel.’

DURAND-FARDEL.—‘Traité des eaux minérales de France et de l’étranger’ (article Vittel), 1874.

ROTUREAU.—‘Des principales eaux minérales de l’Europe,’ 1858.

LEBRET, LEFORT, et DURAND-FARDEL.—‘Dictionnaire général des eaux minérales et d’hydrologie médicale’ (article Vittel).

LEBRET.—‘Manuel médical des eaux minérales’ (article Vittel).

LABARTHE.—‘Les eaux minérales et les bains de mer de la France’ (article Vittel).

LABAT.—‘Dictionnaire de médecine et de chirurgie pratiques’ (article Vittel).

CONSTANTIN, JAMES.—‘Guideaux eaux minérales de France’ (article Vittel).

VINTRAS.—‘Mineral Waters of France,’ London, 1884 (article Vittel).

PREFACE.

In publishing this work I have a double object in view.

1st. To give to invalids who wish to go to Vittel all the information that may be useful to them in reference to the journey, their lodging, the mode of life when there, the amusements they may find, and the benefits that may result from the treatment. It is a common impression that the expenses are very great at such resorts, and many persons, imperfectly informed, abstain from this valuable means of cure from fear of its making too heavy a demand on the purse. I have therefore entered into minute details, so that everyone may be able to make his own estimate. But in respect to expense there can be no difficulty at Vittel, since there are hotels at which accommodation may be found at prices running up from 5 francs a day.

I have pointed out the principal routes which may be taken for the journey to Vittel. It will, however, always be prudent to look at the Railway Guide, as the

times of the trains are changed more or less every year. From Paris to Vittel the traveller is not called upon to change carriages.

Along with this necessary information, I have endeavoured to collect some agreeable reading. The class of patients using the Vittel waters are generally capable of enjoying excursions, like them, and find the benefit of such exercise. I have therefore had a map prepared showing the principal points that are worth visiting. Many of the places in the neighbourhood of Vittel, though at first sight seeming in no way remarkable, have historical associations which give them interest. My intention, in printing somewhat lengthy details about the events that have happened in the district, has been to satisfy the curiosity excited by the excursions. Among the historical notes I have sometimes mixed up the local legends, which enable the reader to form an idea of the simple character of the country-people, and add a certain charm to the country they inhabit.

I have borrowed much of this matter from the interesting book by Charton, which is the best and most trustworthy that has yet been written on the Vosges. It contains all the documents that are likely to interest the historian or the tourist, and is so entertaining throughout that I recommend it for reading.*

* Charton, 'Les Vosges pittoresques et historiques,' Mirecourt, Chassel, 1878.

After finishing the treatment for the season, many persons wish to make the return journey by the mountainous part of the Vosges; Gérardmer, the Ballon d'Alsace, &c. As far as the limits of this book would allow I have inserted useful information. Anyone wishing for further instructions as to the spots that ought to be visited, and the way of reaching them, will do well to consult the volume of the Guide Joanne, specially devoted to this district.

2nd. My second object is to make the water station of Vittel better known by the medical profession. There is a general disposition to take for granted that the old resorts, which have a reputation for the cure of certain diseases, such as those of the urinary organs, must keep up their monopoly. But I imagine that, following the revolutionary tendencies of our time, and making known other springs, similar in many respects, and perhaps superior in others, this unjustifiable supremacy may be made to give way. In the few observations I have written on our waters I wished only to present a general view of their qualities, with indications of the kind of cases for which the Vittel springs are specially useful.

As a last word, I may justly attribute honour to those who, by their writings and continued efforts, have founded and built up the reputation of the station of

Vittel: M. Louis Bouloumié, founder of the establishment; M. Ambroise Bouloumié, Director of the Society of Vittel; M. Charles Garnier, Architect of the establishment; Dr. Patezon, Inspecting Physician; Dr. Pierre Boulormié, Consulting Physician; Dr. Fournier, President of the Alpine Club; Dr. Peschier, formerly Physician to the Corps Legislatif; and M. l'Abbé Chapiat, formerly Curé of Vittel.

PAUL RODET.

THE VOSGES

General description of the Department of the Vosges

The inhabitants of the Vosges are of celtic origin. In the opinion of certain etymologists the name Vosges is a combination of three celtic words — *gou*, ox; *gouez* or *guez*, savage, and *us*, mountain — whence *Vouguesus*, indicating a mountainous country supporting large numbers of wild cattle.

There is a characteristic picturesqueness in the scenery of this department. It is divided into two regions, one mountainous, the other stretching out in fertile plains. In the higher regions, spots of the most varied and charming aspect are continually presenting themselves to the view of the

traveller, and may serve to remind him of what he has been accustomed to admire in the neighbouring Switzerland. We may mention as among the most lofty of the Vosges mountains, the Honeck, 1366 metres; Rotabach, 1319 metres; Thanet, 1296 metres; the Great Ventron, 1269 metres; Ballon, 1250 metres; Drumont, 1208 metres; the Haut du Roc, 1017 metres; and Donon, 1010 metres.

Undulations, taking away entirely the monotony of a flat country, are found beautifying the rich plains. Such elevations as those of Montfort, Virine, and Essey, were used by the engineer Cassini, in the last century, as the points of his trigonometrical observations when preparing his beautiful map of this part of France.

Mineral Products. — Silver, copper, lead, and iron are among the mineral riches of the Vosges.

Silver and lead mines exist at La Croix aux Mines; at Thillot there are mines of copper and lead; none of them however are worked at the present time. Ever since the thirteenth century iron has been obtained in the neighbourhood of Fromont and Grandfontaine. The large iron foundries of Maconcourt are situated in the midst of an unfailing supply of the raw material.

Coal is not abundant and the pits are very few. Turf-bogs are not uncommon, and stone-quarries contribute one of the important products of the country.

Enormous quantities of the granite of the mountains of the Vosges are used for building purposes. It was employed in the construction of the Pantheon at Paris.

The Vosgian marbles and porphyries are often selected for decorative purposes in public edifices.

Forests. — Few departments of France are more copiously wooded than the Vosges. The forests are very large and numerous. They cover about 500,000 acres, nearly one third of the area of the department. Some of them belong to the State, others to corporations and a few to private persons. They not only supply abundance of fuel for the inhabitants, but feed as well the factory fires. Among the growths, are various kinds of wood fit for construction, carpentry, cabinet work, and other purposes. Ordinary game, the roe-buck and hare are found in the woods, together with the wilder animals, such as the boar, the wolf, the fox, the badger and the wild cat. Deer frequent the old forest shades of the valley of Celles. Formerly, the bear, the

savage beast of the Alps, made his home in the thickest parts, but he has long since quitted them, and the last one seen was killed, about 1709, in the forest of Remiremont.

Rivers and Lakes. — Except the Meuse, which only skirts the boundaries of the canton of Neufchateau, all the other rivers of the department have their sources within it. The Moselle rises in the mountain of Drumont, near to Bussang. Both the Saône and the Madon have their origin near to Vioménil, but the course of the Saône is in the direction of the Rhone, which it ultimately joins, while the Madon flows into the Moselle at Pont-Saint-Vincent (Meurthe). The Meurthe, flowing from the Grand Valtin, and passing near Nancy, falls into the Moselle at Frouard. The Bruche, taking its name from the village where it has its source, is lost in the Ill at Molsheim. The Mortagne, springing up at Vanémont, runs into the Meurthe at Lunéville, and the Coney, a little stream from Uriménil, ends in the Saône at Châtillon.

Trout, salmon-trout, salmon, pike, barbel, perch, the eel-pout, grayling and cray-fish are to be found in great abundance in some part of all these rivers.

The most renowned water-falls are those of

Tendon, and Bouchot, the Saut de la Cuve, the Saut des Cuves, and Faymont.

The borders of the lake Void-de-Cône unite the three cantons of Remiremont, Plombières and Xertigny. The lake has this peculiarity that some of its water passes into the North Sea, while the rest goes to the Mediterranean. One part flows into the Moselle, the rest into the Saône.

Among the most remarkable of the lakes are the three lakes of Gérardmer, of which an account will be given further on, and that of Foudroné lying at an elevation of 300 metres above Rupt. Besides these, we may mention the lake of Laspach almost entirely covered in by a floating crust of soil and vegetable growth, the lakes of Corbeaux, Blanchemer, and Marchet, flanked with precipitous rocks and situated in the territory of la Bresse. At some distance from them, in the district of Vexaincourt, is the lake of La Maix, five acres in extent, and with a depth of fifteen metres.

Manufactures. — These are numerous and important. The establishments which take the first rank are the iron-foundries, the spinning factories and the manufacture of arms for the State. The paper-makers produce a paper which goes by the name of the Vergé des Vosges, and

is considered equal to that made in Holland.

In some parts there are large glass-factories, and works for the fabrication of a particular kind of coloured prints and wooden musical instruments. Many thousands of women find occupation in lace-making and embroidery.

VITTEL

Etymology. — Much has been said and written about the origin of the name of Vittel. Yet it is most probable that it is a derivative from the two latin words *Vitellii villa* (the villa of Vitellius). This general was Roman governor in Gaul about the year 68 A. D. His province was that of Lower Germany, and included what is now known as Belgium, and all the district about Vittel. He was more known for his gluttony and debauchery than for any other qualities. While at Vittel, he would naturally have recourse to the waters to restore his weakened stomach. Finding benefit from the treatment, he built himself a suitable residence, to which he could come every year from the seat of his government at Grand, a town not far from Vittel, to go through a course of drinking and bathing, so efficacious in keeping up his health. If the inhabitants of Vittel had no great reason to be proud of his patronage, his settling among them was a good testimony to the wonderful powers of waters,

capable of maintaining the vigour of a Vitellius, and enabling him to continue the indulgence of his gastronomic propensities.

In opposition to this latin derivation, other linguists have thought they could trace celtic roots in the word Vitel. Bulet considers that the name implies a dwelling on the banks of a river : VI (dwelling) — DALE or TALE (river). This at least is somewhat frivolous; for as our ancestors were in the habit of choosing their places of abode either near rivers, or on the mountain sides, we should, if the fancy of Bulet had any foundation, meet with many villages with names resembling that of Vitel, and recalling the idea of a river-side dwelling.

Some again, more pastoral in their notions, tell us that Vitel comes from *Vitellus*, and that the place is so called on account of the many grassy meadows that surround it.

As a matter of etymological fancy we prefer the explanation given by a grateful convalescent : *vitæ tellus* (the land of life).

The Early Inhabitants. — Long before the Roman occupation of the country, it was peopled by a Celtic tribe called the Leuquois. They left but few material marks of their presence, though the names which they gave to the villages,

springing up as they gradually drew together into groups and societies, have endured to this day. Almost all the local names, such as Mandres, Paray, They, Norroy, Géré moy, Le Crâ, Marheuil are of Celtic origin.

The traces of the Roman stay in the country are much more numerous and remarkable. Amongst them we may point out the complete net-work of strategical roads, which even now serve as a guide for the French État-Major. The highway from Langres to Toul was a Roman construction, and the canal uniting the Moselle with the Saône, was opened by Lucius Vetus, in the year 55 A. D. Many other important works of public utility give us evidence of the progress of civilisation in this part of France, under the Roman dominion.

But for the successive occupants of Vittel, its waters have been the chief attraction. Both for Gauls and Romans baths were an absolute necessity. They were well acquainted with the springs of Géré moy, now known by the names of *Grande Source*, *Source Marie*, *Source des Demoiselles*.

The irruption of the barbarians threw all into disorder, and destroyed nearly every vestige of civilisation. Nevertheless Vittel regained its importance during the middle ages. It became

the seat of an archdeaconry, which took the third place among the archdeaconries of the diocess of Toul. Its extent was considerable; 48 parishes, 17 chapels of ease, 1 abbey, 9 priories, 1 commandry of the order of Malta, 2 religious houses, 19 chapels and 20 hermitages were under its control. The Bishops of Toul contrived to establish there the jurisdiction of the chapter of Brixy. This happened earlier than the XIIth. century.

The lords of Vittel resided at their mansion of Malmaison, where now nothing more remains than a farmhouse.

Present condition. — Vittel is now the head town of the canton in the arrondissement of Mirécourt, and has a population of 1500 inhabitants. The parish church is of the epoch of the late decorated style of Gothic architecture. The exterior of the building is in no way remarkable, but in the interior we find three separate naves divided by round pillars. The choir is of much earlier date, in the Norman style. A chapel of perpendicular Gothic has recently been erected. Some of the houses stand on the rising ground, but the greater number are on the banks of the river Vair, which runs through the main street. Promenades, planted with plane trees, follow the

line of the stream, and are the great resort of the local society. Vittel, according to M. Charton, is rousing itself to make a complete transformation, to embellish itself, and to do honour to the distinguished guests, who every summer are tempted to seek its hospitality. Four bridges have been thrown across the river, a large square has been laid out, the paths, streets, and roads have been carefully attended to, and made agreeable for passengers. Comfortable hotels have replaced the old miserable inns. Vittel is alive to the fact that a future of renown and prosperity awaits it, and is determined to show itself worthy of its new destiny.

The older portion of Vittel with its memorials, its antiquities, its two fifteenth century churches, and its quaint, irregular houses, is a good representative of an ancient Lorraine « bourg ». On comparing the old village with the modern village, rising up in its outskirts, this special aspect of ancientness is particularly striking. The one, with its narrow streets and archaic buildings, bears the true stamp of times gone by — and calls to mind the place of habitation of the primitive Leuquois. The other, distinct in every point of view, with its elegant attractions, its park, its mansions, and its luxurious

hotels, brings out strongly the line of demarcation between the ways, customs, and modes of living in the early times of civilisation and the refined civilisation of to-day.

Climate. — The department of the Vosges lies between the parallels $47^{\circ} 51'$ and $48^{\circ} 52'$ N. and the meridians $3^{\circ} 3'$ and $4^{\circ} 51'$ E. The climate can scarcely be said to be that of Northern Europe. Still it is decidedly colder than the latitude would give us reason to expect. This phenomenon may be accounted for by the proximity of mountainous regions, the numerous forests and the superabundance of fresh water. The air is pure and bracing.

Antiquities. — Traces of the works^t of our prehistoric ancestors in the country of the Vosges abound in all directions. Such megalithic monuments as the tumuli of Donon, Sainte-Odile and Thannichel are numerous. Dolmens, menhirs, cromlechs still exist in many parts. Superb specimens of carved stones, of a great variety of forms, are met with from time to time. In fact, the stores of relics which it contains make this region a very interesting one to those engaged in antiquarian studies and explorations.

Very few memorials of the age of stone are found in the neighbourhood of VitteL. But there

is a rich harvest of Gaulish and Roman remains to reward the curious. These to visitors of Vittel are very important and instructive, for they form the strongest evidence that the Roman people frequented the waters and were well acquainted with their properties and curative powers.

In cutting out the ground for the foundations of the new establishment, the workmen found many Roman *fibulæ* and coins. Upon the same spot they came upon the *hypocaustes*, or brick furnaces, for heating the mineral waters and the air sent into the *laconicum*.

The *Source Salée* was that which the Romans principally used. A path was made leading to it. At a distance of about a hundred paces, the bathers had raised a little temple dedicated to the nymph of the spring. This was destroyed and the remains of it were taken away about 1836, when the forest, in the midst of which the waters burst forth, was cut down. The building was oblong with a colonnade of slender proportions in front; and a series of cameos and statues decorated the façade. The statue of a female there represented the nymph of the springs, and, though somewhat injured, may still be seen in the museum of the establishment, together with many other antiquities which escaped destruction at the hands of

the work-people. Among them may be pointed out a curious block of sandstone, triangular in form, very roughly worked, and bearing this inscription :

MON. RINVRECIANNAE
VIM . . . FILIX

the head of a woman surmounted with the head of a seal; a horse's head in very good preservation; a scramasax, a stone on which are the letters VAR, and several pieces of broken columns.

• **Vestiges of paganism.** — Many impressions resembling the marks made by a horse-shoe are found on rocks and stones in various parts of the Vosges. They may be seen on the megalithic monuments of Donon, on the rocks of the Saut du prince Charles, on the old Vosgian road near to Saverne, on the Fauteuil de Saint-Quirin, near to the Roman way which passes by Donon towards Sarrebourg, on the stone of Charlemagne, near the dolmen of la Glacière, and on the plateau of Chaslemont above Liepvre. These impressions are nothing else than the symbolical representations of the ancient worship of the sun. The horse-shoe, the sacred curve, the figure of

the sidereal orbit, mark the entry of the holy places.

It has naturally occurred to the mountaineers, in their inability to account for the presence of these impressions, to attribute them to supernatural agency. We find the same superstitious spirit has descended from generation to generation, and pervades all the legends on the subject, as they are recounted by the now living peasants.

Thus in reference to the sacred stone of Saint-Quirin¹, a mass of rock rounded by the long action of water currents, on which the curved erosions made by the sea are very conspicuous, it is said that the Saint, and his horse, having laid down to sleep upon the rocks, the forms of their bodies were miraculously indented thereon. The story even goes further, and adds that the beast in order to wake his drowsy master, gave a violent kick against the rock, and so left upon it his foot-mark, which to this day is sought after as an object of veneration by numbers of pilgrims. The absurd outcome of the legend is manifest in the popular belief, that the horse-shoe rock has virtue to cure any one of rheumatism, who has the courage to go and pass a winters'

1. Vaulot, *les Vosges avant l'histoire*.

night upon it, bedded as he best may manage.

Sion, near to Vaudemont, where there is a celebrated convent, is another place of pilgrimage equally frequented. The name of the Saut de la Pucelle has been given to a precipitous rock in the neighbourhood.

Some sixty years ago the horse-shoe marks could be distinctly made out at the foot of this rock. They have since disappeared, as cultivation has gone on season after season. No doubt they at one time indicated some bye-path, or the site of a prehistoric sanctuary. Now-a-days, among her countrymen, Jeanne d'Arc gets the credit of having made them. One day la Pucelle, on coming out of church, found herself pursued by a gallant knight, a little too madly smitten by her charms. In her fright, she dashed over the precipice, and her horse's feet (for of course she went to mass "*en amazone*") left their marks upon the rock where he alighted. Saved by a miracle, Jeanne quietly trotted home. Her ardent follower perished, the victim of his temerity.

There are many other similar romances current among the people, and the curious point about them is, that the same idea rules them all; religion is made to reward the virtuous, and punish the evil-doer.

The Saut du prince Charles is, however, the most notorious of all the horse-shoe rocks. This warrior, chased by his enemies, made his horse take at one bound a leap of twelve metres. Of course, the prints of the four feet were left upon the rock. The horse was a little damaged by his exploit, but managed, though lame of one leg, to carry his master safe back to Saverne. At any rate such is the tale of the town's-people. Of course, when they speak of this feat, they mean it in honour of Prince Charles, surnamed le Téméraire.

Les Cardinaux. — Another matter of a graver kind once made Vittel much talked about. Towards the end of the last century, during the revolutionary troubles, when the whole country was in disorder, and those who were at the head of affairs gave the example of every crime, a brutal family, living in Vittel, but not native of the place, gained an odious notoriety by their robberies and assassinations. These wretches committed a long series of murders secretly and unsuspectedly. At length however their crimes came to light. They were cattle dealers, frequented the fairs, and bought cows and bullocks on credit, generally from strangers, and especially the farmers of Burgundy or of Franche-

Comté. When these men came to the house to take their money for the beasts they had sold, they were made much of, feasted, forced to drink, and when stupefied, they were put to bed, their throats cut as they slept, their bodies buried in the garden, and so the account was closed. The men of this family were revolutionary *Sans-Culottes*, and got the nick-name of 'cardinaux' from the red caps they were in the habit of wearing. The family was made up of the mother Agnès Chassard, widow of François Arnould; three sons, François, Joseph and Sébastien, and one daughter, Thérèse. At the time of the discovery of their crimes, when they were put under arrest, all the younger people were married, the mother, sixty-seven years of age, and the eldest son, forty-one, lived at Vittel; Joseph, thirty-six years old, at Senonges; Sébastien, thirty-five, at Lignéville; and Thérèse, thirty-two, at Valfroicourt. These marriages and the dispersion of the family would make it seem probable that, after the restoration of public order, these monsters were unable to continue their crimes, and were living peaceably upon the produce of their former villany.

All these scenes of plunder and murder happened during the period of anarchy. It was never ascertained, nor even supposed, that Joseph and

Sebastian had followed up their iniquitous practices in their new residences, after order had been restored. The man who married the daughter Thérèse, the wives of the two sons who lived at Senonges and Lignéville, were not thought to be implicated, and the wife of the eldest son, a native of Vittel, was acquitted on the trial.

On opening a stone pit near the house of the old mother, the workmen came upon a quantity of human bones. The place was like a cemetery. Suspicions were at once aroused, and fell upon the criminals. Evidence, which till then had been kept back by the fear which every one had of these wretches, was forthcoming. The mother, the three sons, the daughter, and the wife of François were arrested, imprisoned at Epinal, and tried at the court of assizes of the Vosges. The wife of François was acquitted; the daughter was condemned to penal servitude; the other four were sentenced to death. The execution was carried out at Epinal, the 29 fructidor, an XIII (1806). The impression of terror produced by these frightful events lasted a long while in Vittel and its environs, and the very name of cardinaux, was detestable ¹.

1. Vittel, par le curé Chapiat.

Manners and character of the people. —

M. Charton, who may be relied upon as an authority, says that the people of the Vosges are gentle and polished in their manners, intelligent, active and laborious. They take kindly both to agriculture and manufactures. In their commercial relations, which are very extensive, they are characterised by frankness and loyalty.

Hospitable, they welcome cordially the strangers who visit their country; charitable, they are always ready to help those who are in trouble.

The readiness to work, which is universal among the Vosgiens, has in a very marked manner kept down the number of the poor and beggars in the country. In the towns mendicity is almost unknown, and it may be said that, thanks to the enlightened way in which the poor are dealt with, it is becoming uncommon even in the country districts.

Like their ancestors the Gauls, the people of the Vosges are brave and courageous. They love the life of the soldier, and submit to the impost of military service without murmuring. In the ranks they never show insubordination. When the time comes for their class, the conscripts go to draw their numbers at the conscription, singing songs and shouting their war-cry *Biochichi*.

Still singing, with the same favourite cry, and their hats gay with coloured ribands, they go each year to join the standards, and take their place in the ranks of the army.

The strongest points in the character of the native of the Vosges, whether he be of the town or village, are his devoted attachment to his country, and the aversion he has for any foreign master-ship; his love of order and liberty; his admiration and enthusiasm for glorious deeds. And these honourable sentiments exist not only in the words of sincere eulogy, but are shown by historic facts. Two episodes of Vosgian patriotism prove all that has been said, and ought never to be omitted in the history of the department.

In 1792, at the outbreak of the Revolution, when foreign armies were on the point of invading French territory, the people of the Vosges rose in one body, formed four battalions of volunteers, hastened to the frontiers, and gave powerful help in repulsing the enemy.

Some few years later, the national funds were exhausted, and it became necessary to demand heavy contributions to meet the outlay forced upon the government. The Vosgiens were the first to send in their share of the taxes, and this

patriotic zeal was acknowledged by giving the name of the department to one of the public places of Paris.

The people, good-hearted and liberal, are profusely hospitable in their habits. With a fund of good sense underlying their gaiety, they are still well-seasoned with the *esprit gaulois*. Their popular legends and many of their old inscriptions attest this. The following quatrain, with the date 1663, may be seen engraved on a stone in one of the private dining-rooms of Vittel.

Les amys de ce temps
Ressemblent les melons :
Faut en gouster un cent
Pour en trouver un bon.

Superstitions and Prejudices. — The shreds of old beliefs, with much of the original bloom of simplicity about them, are constantly turning up when we get into familiar talk with the natives.

In many places they inveterately hold their own opinions about witchcraft and sorcery, and are certain of the existence of fantastic beings, like the *Sotré*, which spend the night-time in tormenting men and beasts.

A salt-cellar upset is the fore-runner of some misfortune near at hand.

A dog, howling near a house, forebodes the speedy death of some one in it; and the dismal noise is an incentive to all the neighbours to join in chasing the unlucky beast.

Marvellous cures are the delight of the villagers. Of course somnambulists, quacks, charmers, bone setters and all the tribe of spongers upon credulity and ignorance find them a game always in season, and easily ensnare all that come within their reach, with their prodigality of phrases without meaning, incomprehensible jargon, mysterious signs and secret remedies.

As elsewhere, thirteen is a fatal number; the odd one over a dozen round a dinner table is sure to die before the year is out.

Friday is an unlucky day, and a journey begun upon it must needs end badly,—all the more if the Friday happens to be the thirteenth day of the month. The same may be said of the day on which the fête of the Trinity falls, for on that day some one is doomed to be drowned, hung or burnt.

Two straws, or two bits of wood, lying in the form of a cross on the door-step, or pathway, of some one starting on a walk, mean that the person seeing them will meet with some unhappy adventure.

If an old hen happens to crow like a cock, it is a very certain sign of evil, and she must be killed at once.

Sotré is still an object of superstition. He is supposed to come in the night in the form of a cat, and sit himself down on the chest of any one asleep, with the malicious design of stopping his breath; or he goes and twists and tangles the long hair of the horses in such a way that no one can undo it.

Culas is another sprite who wanders about after dark, waving his bright and fiery light along the banks of rivers, water-courses, and lakes, threatening to burn up all the crops.

The people still believe they hear the *Menue-Hennequin* going about from dusk till daylight, clanging his noisy little bell all through the towns and villages, and over the country.

The Rock of Bénavaut. — The devil himself, with Protean versatility, takes all sorts of horrible forms to frighten people and keep them in a state of constant terror.

It is affirmed that for very many years the Rocher de Bénavaut has been one of his favourite haunts, and that he there holds a nocturnal and sovereign court, which is the scene of the most abominable atrocities.

The sorcerers flock to him on such occasions, to hold intercourse with him, and to receive his diabolical inspirations. The good-for-naughts, who are willing to sell their souls for all the earthly delights he can give them, go there too.

In fact, the Rocher de Bénavaut had at length made the people so timorous and downhearted that no one could be got to cut the wood upon it. You could not speak near it, nor dare to stop in the neighbourhood, without making the sign of the cross.

Dreadful noises are sometimes heard in the night, which spread far and wide, and drive the population round about out of their senses. All such discord is supposed to announce the presence of the devil and his familiars on the Rock.

To scare them away, it is the custom to repeat the following words :

*Evôt mot pain, evôt mo só,
Je seu venue à Benavó.*

*Avec mon pain, avec mon sel,
Je suis venue à Benavaut.*

Round about the mount Donon, that country of the most simple faith, the peasants if caught in the woods by a storm, with the vivid lightning

flashing about them, and the rumbling thunder rolling over their heads, never cease chanting the following prayer as a charm which is to preserve them from all danger.

Grand saint Hubert, patron des Ardeignes,

(*Prestissimo*)

Qu'avez eu la gloire de voir Not' Seigneur Jésus-Christ cru-

[cifié ent' les cornes d'un cerf

Et de recevoir l'étole miraculeusement envoyée par le *ministre*

[d'un ange,

Dont nous vous demandons de nous octroyer la grâce,

(*Prestissimo*)

En nous préservant de rage, maléfices, morsures de vipère,

[coups de tonnerre et autres maux,

Priez pour nous, grand saint Hubert.

POPULAR SONGS

The Song of the month of May. — All the young girls in many of the villages of the Vosges, and especially at Bouzemont, assemble together on the first Sunday in May, to go from house to house, singing in the provincial dialect, the song of *Quan lô ma vint è le ville*. If any of the family give them a few coins, which they dispose of in the decoration of the altar of the Holy Virgin, a green branch is fixed to the door, as a token of their thanks. But if they are refused, which very seldom happens, they go away, walking backwards for a few steps, to show their disappointment.

La Saint-Sauvé. — On the last day of every year, the children of the village of Saint-Sauvé go round from house to house, merrily singing their little couplets, reminding the inhabitants that they should thank God for all the good of the year just ending, and wishing them a happy new one.

Dieu a gardé vos bêtes
Et les yeux de vos têtes

Et des larrons.

Vion! vion!

La petite Saint-Sauvé! vite donc! vite donc!

Le Renveillez. — For several centuries, even down to the present time, one family of the village of Ville-sur-Ilion, has been appointed to fulfil the pious duties of the *Renveillez*. One of its members has to walk through all the streets of the place every night, a little before the clock strikes twelve, during the whole Octave of Tous-saint, ringing his bell, and saying in a loud, deep voice these words :

Renveillez, renveillez

Entre vous, gens qui dormez;

Pensez à la mort et à l'éternité!

Priez Dieu pour les fidèles trépassés,

Requiescant in pace.

There is something solemn and impressive in this nocturnal appeal to the religious sentiments of the people.

Les Kyriolés. — This name is made up from the words *Kyrie eleison*. It is the name given to a fête instituted by the abbey of Remiremont, and was celebrated on the morrow of the day of Pentecost (Whitsun Monday).

Seated on her throne, and surrounded by the

chiefs and ladies of her chapter, by her clergy, and by the great officers of the household, by the authorities of the town, and with the population thickly ranged before her, the abbess on that day received the homage and felicitations of the greater part of her parishes.

Processions were formed, and on their arrival at Remiremont, presented themselves with great ceremony to their sovereign, offering to her the first greenshoots of the spring-time. Saint Nabord brought branches of eglantine; Dom-martin, branches of juniper; Raon-aux-Bois, branches of broom; Saint-Amé, tufts of lilac; Saint-Etienne, branches of the cherry tree; Saulxures, long rods of willow; Vagnez, boughs of elder. In turn, each procession, carrying banners, marched past before the abbess and her court, singing its special *Kyriolé*. This was a sort of canticle in which the parishioners called upon God, the Virgin, Saint Amé, Saint Romaric, Saint Urbain, and all the other saints they were in the habit of invoking, to take under their protection the chapter, the Duke of Lorraine, the King of France, themselves and their goods and chattels, which last, according to all accounts, they had good reason not to forget in their supplications.

One of the verses of this primitive poetry is as follows :

Kyrie, sire saint Pierre,
Qu'à Rome sied en chaire,
De céans êtes le patron,
A vous nous nous présentons.
Kyrie, chanter devons
Par bonne dévotion.

When the season was late, and the buds were tardy, it must have been difficult to get green branches enough to keep up the ceremonial appearances; but let what might be the case with the show, there was no possibility of shirking payment of the solid tribute, which, under any circumstances, was expected to be forthcoming.

Les champs Golots. — Every year, on Holy Thursday, the children of Épinal hold a fête which lasts about an hour, to commemorate the return of spring-time. As soon as night closes in, a swarm of children, dressed in their Sunday clothes and shouting with merriment, rush into the street of the Hôtel-de-Ville. They all carry little slips of wood, or deal boxes, with bits of candle, or small tapers, fixed to them. There is a watercourse which runs along the street, and all this little flotilla, with the candles lighted, is launched upon it, and conducted along

it with strings, so as to keep the ranks and avoid catastrophes. While the children are thus amusing themselves, the lookers on keep up a continuous chant of these old provincial couplets :

*Les champs golot,
Les lourds relot,
Pâques reviet,
C'ot ein gran biet
Pou les chettes et pou les chiet
Et les geots tot aussi biet.*

*Les champs coulent,
Les veillées s'en vont,
Pâques revient,
C'est un grand bien
Pour les chats et pour les chiens
Et les gens tout aussi bien.*

This celebration of the feast of *les Champs Golots* is continued at the present day, without change, at Épinal.

Song of Saint-Jean. — There is also another popular festival at midsummer, when the lads and lasses get together in all the public places, dance, and sing in chorus these lines :

*Voici la Saint-Jean,
Que les jours sont grands,
Voici la Saint-Jean d'été;
Ah! qu'il est malaisé*

D'être amoureux et sage !
Ah ! qu'il est malaisé
D'être sage et d'aimer !

This custom still exists in the greater part
of the Vosges, and notably at Vittel.

MARRIAGE CUSTOMS

Every man proposing to settle himself in the little town of La Bresse, is made to pay his footing in the shape of a contribution of sixty francs. If he be willing to take one of the girls of the place as his wife, the tax is reduced to forty francs.

When the time of a marriage is fixed, eight days before the celebration of the sacrament, the bride that is to be is led by her companions to the altar of the Virgin. They group themselves together and join in singing a number of hymns. On the eve of the marriage, the mother and godmother, or in their absence, the two nearest relatives of the girl, carry all her belongings, linen, furniture, and such like, on a cart to the house of the bridegroom. There they get ready the nuptial bed, which formerly used to receive the benediction at the same time. After the priest has blessed the marriage ring, the sister of the newly married man, or one of his young cousins, takes the ring from his hand, passes a long black riband through it, and ties it with a great bow to the

finger of the bride; saying at the time, "I give you this ring in the name of my brother, remember, my dear sister, that you owe him love and fidelity." The young wife is bound to keep on this knot of black riband, which widows remarried receive as well as others, till after the offertory at the parochial mass the following Sunday, on which day she is accompanied to the church by her mother-in-law.

At Martigny the following custom is kept up in connection with marriages.

When the man and woman are going to the church to hear the marriage mass, they are bound together with a long silver chain, or a chain of silvered copper, which is fastened round the waists of both. It is one of the obligations of the bridegroom to provide a cake, which on the day of the Purification, he is to throw into the village fountain. This leads to a scramble by all the boys of the place, who gather about the basin, tumble each other over, and do their best to get hold of the cake, under the notion that the one who succeeds in fishing it out and keeping it, will be married in the course of the year.

If the new husband should fail in complying with this usage he may expect that all his associates will take their revenge. They besiege his

house, get ladders, mount on the roof, and break down the chimneys.

His only way of getting out of the scrape, is either by paying black-mail, or by giving drink to his tormenters, who do not flag in their persecution for want of encouragement by the girls.

On the first Sunday in Lent, known as *le Dimanche des Brandons*, another old custom is kept up with a good deal of boisterous jollity.

Towards the evening of that day preparations are made for bonfires. The cone-like piles of combustibles are, on account of their shape, called *bures*.

For many days before, the young fellows, who manage the frolic, are busy going from house to house to collect wood and fagots. There is always a certain time fixed for lighting the fires.

As soon as the flames begin to be seen, the population, men, women, and children, run from all quarters to see and take part in what is going on.

Every *bure* becomes the point of attraction for a big and merry assemblage. Soon begins a singular ceremony of mock betrothals. The *bure* is transformed into an altar of Hymen. The leaders of the fun set to work crying out as loud as they can *Qui dône? qui dône? Je dône! je dône!*

— *Qui marie? qui marie? Je marie! je marie! M.*** avec Mlle***.* — And so they pronounce the names of any two persons, young or old, fair or ugly, rich or poor, that they have a fancy to couple together for the fun of the thing.

For the moment there is no getting out of this temporary wedlock, and very often the most incongruous and recalcitrant pairs are obliged, in spite of all protestation and resistance, to take hold of each other, parade several times round the bonfire, and to put up, as best they can, with all the merry laughter, uproar, quips, gibes, banter and raillery of the mocking crowd.

These burlesque ceremonies go on so long as the fires burn. When they are dwindling away, the people turn into the streets and begin again to “*dône*” under the windows of the houses to which their fancy leads them. Now, however, they do not insist upon the couples coming out. A proclamation of the names is enough to keep up the hilarity.

The young boys and girls thus assorted are called *fêchenots* and *fêchenottes* — or *valentins* and *valentines*. Etiquette requires that the *fêchenot* should make his *fêchenotte* a present of some article of dress, and that she should give him in return a superb cockade of coloured riband.

Then, provided the weather be fine and warm, on the following Sunday, according to custom, the parents of all the *fêchenots* and *fêchenottes* take them dressed in their holiday clothes and wearing the presents they have received, to the wood of Saint-Antoine, where they have to climb up on to the famous stone called *danserosse* or *danse-resse*. Refreshments of all kinds that the season furnishes, with newly baked cakes, are ready for the party, and when all are satisfied, as nobody can do without a dance, the musicians begin to tune up and make music with their fifes and fiddles.

This is a most agreeable part of the festival. It lasts till the sound of the *Angelus* reaches the spot. Then all the party leave the forest and return home.

The exchange of presents is called the *rachat*. The term implies that the *valentins* and *valentines* in this way save or redeem themselves from the flames of the bonfires, which it may be supposed never seriously threatened their lives, however much they may have damaged their garments.

Every now and then it happens that the "*rachats*" are forgotten or neglected. In such a case the defaulting *fêchenots* and *fêchenottes* are

not only shut out without pity from the pleasures of the forest excursion, but are, aggravatingly made laughing-stocks by being burnt in effigy in little fires before their doors.

The unfortunates cannot pretend to ignore that they are being made an example of, because the jeering cries of “ *Qui brûle? qui brûle? Je brûle! je brûle! Monr tel et M^{lle} telle* ” spread all over the place and make their own ears tingle.

It is worth remarking, that oftentimes the pleasantry of the betrothals of the *dimanche des Brandons* is the means of bringing about, later on, true and regular marriages before the mayor and at the church, and that mostly “ the parties are happy ever after ”.

This custom is still kept up in the canton of Vittel. The young man “*dône*”, who of course has made some small present to his partner, is invited the following Sunday by her parents to come and eat *gauffres* and a dish of peas.

When a young man of another parish comes to marry one of the Anould girls, all the boy bachelors of her village take their fire-arms and attend her not only to the church, where the marriage benediction is given, but to the boundaries of the place in which she is henceforth to live. Then felicitations are showered upon the

newly married pair, and only cease, when the parents, or friends of the girl, have distributed among her village escort, several pieces of money wrapped in paper. Each coin is examined and verified with an ironical exactness, till every one has agreed that all are as good and pure as the young wife. The same ceremony is gone through when they reach the house of the husband, and it is not till he has paid the last sou of his quit-money, that he is left in peaceful possession of his mate.

The marriageable women of Bains have a droll way of captivating their lovers. They put all their taste and ingenuity into the fabrication of mats out of the dirty straw of the stables. Spread out before the houses, they are ready for the inspection of the rustics in search of a wife, who make their choice according as the elegance of the design and the perfection of the work may affect their imagination.

When it is a question of baptizing a new born citizen [of Haillainville, any neighbour is very proud of the honour of being chosen by the mother to conduct her child to the church, in company with the sage-femme, the god-father and god-mother. She walks in front, and gravely leads the procession with a napkin on her arm,

and a jug of water in her hand. The people call her the *voite fôme* (lady of the stool), a title which does not go well with the dignity she assumes.

Funeral Customs. — In the same district, after a person is dead, the straw of the bed upon which he laid, is taken to the four cross-ways, some distance from the village, and there burnt. One of the nearest relatives of the dead man carries an offering of bread, and a bottle of wine to the interment, and to the mass said for the soul of the departed.

At Plainfaing, as soon as an inhabitant dies, the attendants take all the water they find in any of the vessels belonging to the house for fear, as they say, lest his spirit should come back and drown itself. Some one, also, takes a handful of straw from the death-bed, goes to some spot where four roads meet, sets it alight and remains kneeling till the last fragment is burnt.

STRANGE IMPOSTS AND CONDITIONS OF SERVICE

Les Rochelles. — This was a tax imposed upon the villagers of Saint-Maurice, which they were bound to acquit in one way or other. The demand was for two *rochelles*, a large kind of pannier made of the bark of the fir-tree. These were to be filled with snow, and carried by the churchwarden of the parish, on behalf of the inhabitants, to the chapter. If snow were not to be had, the people were under obligation to replace it with two white wolves.

This feudal exaction is of very ancient date, as it was in force in 1510.

Service required of the inhabitants of Monthureux. — The vassals of Monthureux-sur-Saône were obliged to submit to a duty as humiliating as it was extravagant. When it pleased the lordly abbot of Luxeuil to pay them a visit, they had to go, turn and turn about, every night, armed with switches to beat the water of the river under the walls of his manor-house, so as to prevent the frogs from croaking and troubling his

rest. While they were busy in their interesting occupation, they kept up a monotonous sing-song accompaniment, with this apostrophic doggrel :

Pâ ! Pâ ! renottes pâ !

Veci le sieur abbé de Luxeu, que Dieu gâ !

Paix ! Paix ! grenouilles, paix !

Voici le sieur abbé de Luxeuil, que Dieu garde !

Service of the mayor of Uxegney. — In consequence of some transaction which took place in 1595 at Uxegney, a village not far from Bains, the mayor was put under the necessity of giving every year, on Saint Martin's day, a supper to the most noble and mighty lord of Darnieulles, the next parish. When his lordship, who was styled the baron, arrived with his posse of retainers, his host went out to meet him, give him a respectful welcome, and find all a lodging.

White wine and red wine had to be served at the banquet, and while the eating was going on, the mayor's duty was to bring in his wife, dressed in her finest gown, to amuse his superior; and very often, much against his will, he had to carry out the letter of the deed by making her sing, shout, and laugh before the baron.

If the poor woman would not, or could not, do as she was bidden, the mayor was condemned

to pay a fine, and, what is more, to send a new cap to the Lady of Darnieulles. If she went through her task even in a bad humour, her husband got off for a measure of onions and a quart of oil.

When the mayor happened to be a bachelor or a widower, the wife of some neighbour was called upon to do this strange service. After the custom had lasted some years, the inhabitants of Uxegney bought themselves off from this servitude by paying the sum of twenty francs to the Lord of Darnieulles.

Justice. — In the province of Lorraine the administration of justice, civil and criminal, was in the hands either of the king of France, the duke of Lorraine, or of the lords of every rank, whether of chapters or abbeys; and there were courts of all kinds. These courts were public assemblies in which the lord dealt out his decisions to his vassals. They were, for the most part, held twice or three times in the course of the year, and generally the market, or fair days, were chosen.

Occasionally these meetings were arranged to take place in the open country, on the confines of two adjacent states or sovereignties, so that the respective lords or subjects might be brought together and settle their disputes. The lord or

his lieutenant, his deputy or sub-deputy, decided cases summarily, on the spot, without documents and without appeal. The judges deputed for parishes and villages were the proprietors, or the persons standing in their place, and receiving the rents. The witnesses thus came, as it were, really to be the judges. The ancients of the different townships were consulted on questions of ownership and boundaries, and their opinions were respected as coming from men better informed than the rest, and more capable of putting the facts before the tribunal. Sales, exchanges, and agreements were also entered into at these reunions; all those present were called upon to be witnesses, and it was but rarely that any writings were asked for between the parties. Nothing could be quicker or more simple than this way of doing business. It was only towards the latter part of the last century that the holding of these courts came to an end.

The commune of La Bresse was actually a little republic under the authority of the dukes of Lorraine, and had institutions and customs of its own, which throw a curious light upon the way of life in olden times. It had the right to hold its own courts of justice. The tribunal comprised the mayor, eight jurymen, and a doyen, or usher.

No man could be elected mayor more than once in his lifetime. It was for the inhabitants of the place to appoint him. The mayor selected his substitute from among the mayors who had served, and his usher from a list of three candidates presented by the jury. On quitting office, the jury nominated three of their successors; the mayor going out at the same time had a right to take the place of fourth jurymen; and the other four were chosen by universal suffrage, by acclamation in the town square, an electoral arrangement as simple as needs be. The mayor, his substitute or lieutenant, and the doyen, before they began their duties, were sworn by the lieutenant-general of the bailiwick of Remiremont. The first act of the mayor was to give a small white rod to each of the jurymen, as a token of his office, and to make them all take a solemn oath, upon the Gospels, that they would do good and speedy justice, without favour to one more than another; and that, in all causes which came before them, they would decide upon the evidence to the best of their judgment, and according to their conscience.

The common court was held every Saturday for the inhabitants of the village, and no distinct day was fixed for strangers. The mayor announc-

ed the opening of the proceedings by crying in a loud voice : — “I declare the court to be open, by the grace of God, and His Highness the Duke of Lorraine. No man is to swear, or even to speak, without leave of the court. » Nor was it permitted to “ any one, pleading before the said court, to do or say anything frivolous or irrelevant; but he was bound to go straight to the point, or to make such definite proposals, that the time of the court might not be wasted. »

The mayor, his deputy, and the jury took their seats when holding these courts on stone benches, roughly hewn, and ranged in a half-circle under the shadow of an old elm-tree, which stood in the *place du Champtel* in the middle of the village.

This rustic and patriarchal tribunal found no occasion for tables or writing materials. If any one by chance asked for a copy of a judgment, it was given without charge, when the sitting was over. Otherwise, it was taken for granted that the cause, and all its details, were recorded in the memories of the judges, parties and witnesses.

However rude and clownish these judges of La Bresse might seem to be, they gave sufficient proof of a great deal of good sense, uprightness and impartiality. Causes of great importance

often came before them for decision. When appeals were made to the higher royal court at Nancy, their verdicts were always considered with deference, and it was very seldom that they were changed or reversed.

A suitor had the option either of stating his own cause, or of having it pleaded by a graduate. In either case, due respect to the court was insisted on, and any offensive behaviour was at once punished, as we may see by the account of what happened a few years before the revolution.

M. Scipion Brexon, an advocate of Remiremont, was sent for to La Bresse, to manage the suit of one of the residents, and in the course of his speech ventured upon the introduction of several latin quotations from the *Digeste*.

The mischievous lawyer showed a disposition to bother the tribunal, as well as to make a show of his learning. The judges did not forget their dignity. They did not relish this sort of nonsense; it was somewhat of an outrage to their authority. So the presiding mayor stopt the orator short, and made proclamation by the crier, " Let all the suitors withdraw, and you too Monsieur l'avocat." All went out of court accordingly, and the judges were left to deliberate. After a time the offender and his clients were

recalled, when the mayor thus addressed them :
“ Monsieur l’avocat, the court defers this case for a fortnight, during which time you will have an opportunity of learning to plead as people plead at La Bresse ; further, the court condemns you to a fine of five francs, for your having chosen to address it in a jargon which no one here understands. ”

The judgment was enforced in spite of all excuses and apologies, and the outwitted lawyer went back to Remiremont a little crest-fallen.

NICK-NAMES

Les Têtes de veau. — This is the sobriquet of the people of Rambervillers. The village doctor, M. Fournier, relates how they came by it, in a communication to the archæological society of Lorraine, in 1882. Not to spoil his text it is given at length :

« The people of Rambervillers are very fond of excursions in the forest; they especially like to go there for picnics, to *fristiquer* as their word is.

« One day a party of neighbours arranged one of these *al fresco* amusements. Every one was to bring a dish of some kind, as he might fancy.

« At the time fixed all were punctual at the rendezvous. They spread the cloth, and got ready for eating. Each one opened his basket, and thought to surprise his companions.

« It was a surprise, and a surprise all round; for there were ten to sit down, ten baskets, and ten calves' heads, exactly a calf's head a piece.

From that day the men of Rambervillers have had to bear the nick-name of *têtes-de-veau*.

Les Fourmis. — The people of Haillainville are called *fourmis* because it is well known that they are hard workers and very economical. They also make themselves obnoxious by bragging about their riches, and sneering at folk poorer than themselves, and this brings on the townsmen the retaliation of being dubbed *hères* and *vantards*. The great rivalry among them is in horses; — hence the local saying, “better be a *vantard*'s mare than a *vantard*'s wife”.

Les Cendrillons. — Every year in the spring-time, the small cultivators in the neighbourhood of Bains go about in all the villages near at hand trying to buy cinders, which they make use of on their land. These honest labourers, whose trade has given them the by-name of *Cendrillons*, travel as cheaply as they can from place to place with a horse and cart, carrying provisions, to save expense on the road, both for man and beast, in a big hamper, called in their patois *charpagne*.

Les Bocquins et les Miqués. — The result of a dispute between the people of Vallois and those of Lerrain was, that they took to calling each other villanous names; *Bocquins* — goat-herds — was thought good enough for the Ler-



LITH. HENRIOT & GODARD à ST. DIZIER.



rains, as a reproach for their poverty; which compliment the Lerrains returned by fixing on the others the epithet, *miqués*, though nobody knows what the word means.

GASTRONOMIC PRODUCTIONS

Kirsch. — Kirsch, in German, Kirschenwasser, cherrywater, is obtained by distillation from a particular kind of cherry, very much in size and appearance like our wild-cherry, or the french *merise*. The quantity of kirsch actually made in this part of the country is not very great, but there is an enormous exportation, owing to a fraudulent method of making an imitation.

This false kirsch is not however at all harmful.

It is made by mixing the vapour of water, in which the wild cherries are boiled, with that coming from the distillation of a very common sort of alcohol.

This is carried into condensers and forms a liqueur not unlike the true kirsch. Still there are some respectable houses in which a kirsch of first quality may be bought. M. Thouvénot, the chemist at Vittel, who has property at Saint-Julien, makes some of the best kind; and his kirsch may be relied upon as genuine.

Macarons de Vittel. — The macaroons of

Vittel have become recognised as a speciality of the town, and quite equal the famous macaroons made by the nuns. M. Kemps is the manufacturer at Vittel.

Les Quiches. — This is a sort of pastry made at Remiremont. It is something like an English short-cake, but very large, round, thin and flat, and it has a most delicious odour. Any baker in the town with a few eggs, a handful of flour, some butter, cream and a few chives (*ciboules*) will knock you up a *galette* that you cannot eat too soon after it comes out of the oven; for once cooled it is not worth tasting. The *quiche* of Remiremont is inimitable. Nowhere but under the sky of Remiremont, and in the pastry shops there, can they be made good for anything. Poets have sung their praises. See the rhapsody of Eugène de Pradal.

L'Eau-de-vie de Brimbelles. — In the mountain forests of Vagnez, not far from Gérardmer, there are infinite numbers of a variety of myrtle, which bears an abundance of little black berries, called in the country *brimbelles*. Formerly they were eaten as cherries, but at the present time, they are mostly used for making a liqueur which is much esteemed.

Les Conattes. — In the little wine shops at

Cefez the people make a small sort of biscuit of eggs and the finest possible wheaten flour. They are called conattes on account of their conical shape. It is the custom to begin making them, every year, just before the third sunday in Lent. Beginning with the eve of that day all classes, even the most respectable, pass the night amusing themselves with these conattes. Lovers carry them to their sweet-hearts, and at Easter the girls send the young fellows handkerchiefs, which go by the name of *tracas*, from the old french word *troc* (barter).

ANCIENT EMBLEMS

The Thistle of Lorraine. — In all ages flowers have been used as political emblems. We have only to call to mind the lily of France, so triumphantly borne by Charles VII and Jeanne d'Arc; — in England, the wars of the Roses; — the shamrock so popular in Ireland; — the thistle of Scotland, said by historians to have been the symbolical badge of the Picts and Scots. Giustiniani asserts even that the order of Saint-Andrew, or of the Thistle, was instituted in 840, by Anchaius, son of Ethfrid, king of Scotland. This fable simply proves a belief in the antiquity of the emblem. The true date of the origin of the order is 1540, when it was inaugurated by James V, with the motto, *Nemo me impune lacessit*. Since the union of the three kingdoms under one sovereign, the three emblematical flowers, the rose, shamrock and thistle, have always been seen together on the armorial ensigns of Great Britain. The *fleur de lis* still holds its place, since it is as duchess of Normandy that

her Gracious Majesty, queen Victoria, rules over the Channel Islands.

The *quatre-feuilles* of Wales, and the *grenade* of Spain, should not be omitted from the list of emblematic flowers.

But besides these ancient instances, we find in our own days the renewed employment of flowers as political signs. We have had the imperial violet alternating with the Royalist *fleur de lis*; while at one time the oppositionist *geranium tricolore* displaced them both.

And then as a recent illustration, during the electoral struggles which followed the overthrow of the Gladstone cabinet, the *primrose* was brought out as the distinction of the Conservative League.

As for Lorraine, the adoption of the thistle seems to have taken place during the war for independence with *Charles le Téméraire*. According to the interesting researches of M. Léon Germain, it was considered as the national symbol of resistance at that time. Under the government of René II, the thistle became a ducal emblem. The duke Antoine continued its use, but it was afterwards exclusively confined to the town of Nancy, where it will remain a permanent testimony to the heroic and successful efforts for

the independence and liberty of the country.

The motto, *Qui s'y frotte s'y pique*,— is only venerable, and was never acknowledged officially. Many families have inscribed it, though they had no thistle on the escutcheon. It is almost identical with the *Ne mi toqués, il poinct*, of Philippe de Gueldres, and comes still nearer to the *Qui nous point, très fort se picque*, of Lorraine in 1561.

THE ANCIENT CHIVALRY¹

The institution which goes by the name of the *Ancienne Chevalerie de Lorraine* was not an open community, taking in all the knights and squires made such by letters patent, or by the grace of the accolade.

It may even be said that the *Ancienne Chevalerie* was a race apart. The members were the descendants of the original Franks, the invaders and conquerors of Gaul. They boasted that such as they were at the time they took possession of the country, such they remained. It was the frankish people which implanted itself on the soil, having as a body full establishment of all their civil and political rights. They were commanders and judges from the beginning. The other chivalry, the creature of royal favour, must not be confounded with this select body.

There was scarcely any distinction between men of this class and the early kings of France. The king, or the duke, was temporarily com-

1. Boulon, *Documents inédits*.

mander and defender of the common rights. They acted together, kings and knights, in declaring war, in making peace, in seeing to the maintenance of justice, and in regulating all the affairs of the state, as well as looking after the interests and duties of the people. This state of things lasted for twelve hundred years.

Until even the last century, this *ancienne chevalerie* was a banded coalition for the preservation intact of peculiar privileges, and a defensive combination against the grasping covetousness of the kings of France and the hereditary dukes, who were always looking with an eager eye in the direction of the Rhine. For a long time they maintained a perfect purity of race without any outside alliances. But at length, it came to pass that they allowed strangers to share in some of their rights; and some of the companions themselves entered by marriage into noble country families, which could claim a connection on the female side with those of the *ancienne chevalerie*. This is one of the circumstances which brought about the distinctive title of *grands chevaux de Lorraine* for the four great houses, which alone up to the 8th century remained clear of all foreign blood.

The “ Grands Chevaux, “ the “ Petits Che-

vaux de Lorraine". — The term *chevaux* formerly meant armed men on horse-back. It was the synonym of *chevalier* or *cavalier*. In the same way our modern light horse soldiers are called *chevau-légers*.

In Lorraine, a select body of fathers of the country, an hereditary senate, a peerage of which all the members were, among themselves and before the law, regarded as equals, was known by the designation of the *Ancienne Chevalerie*. Stricly speaking,¹ it might be said that there existed two hundred and ninety or three hundred *chevaux*; for the senatorial families mustered this number in the royal assemblies of the Lorraine "Nation".

Grands Chevaux. — The heads of the great houses of chivalry, the chiefs of the first rank only, were known in the popular tongue of Lorraine as *Grands Chevaux*. It was a title applied to but a few families acknowledged to be not only very ancient, but of great local antiquity. Of these, four especially had the voice of the people, who looked up to them as the supports of their national existence. They were Lénoncourt, Haraucourt, Lignéville or Ligniville, and Du Châtelet.

1. *Journal d'Acrhéologie lorraine*.

The actual date of their nobility, whatever it might be and however much it might run into the unknown, was of no moment with the people of Lorraine, who only estimated them as national nobles, coming into that dignity coincidently with their acting as part of the Lorraine constitution.

Thus, historically the Raigecourt and the Beauvau were admitted to be families as old, if not older, than those of the four *grands chevaux*; but as subjects of the Crown of Lorraine they could not go so far back. In fact, it was, in comparison, but recently that the Beauvau had ceased to be Angevin, and that the Raigecourt had been conspicuous among the peers of the republic of Messina. At the time when these two powerful families became subjects of Lorraine the duchy already had its royal institution of chivalry. The first arrived during the 15th century, the second in the 16th, and they could then do no more than simply join the ranks.

Actually, among the other families of the senatorial body, the *grands chevaux* themselves had no essential præminence. They were merely in the ranks of peers *primi inter pares*.

Petits Chevaux. — The body of ancient chivalry comprised all the families that were enno-

bled and entitled to armorial bearings, — that is to say, all those who sat by right in the royal assizes, and had a voice in the public deliberations. The name of *petits chevaux* legitimately belongs to them all. But as symmetry always was a French passion, and the people had a fancy for corresponding numbers, the popular idea was that there must be eight *petits chevaux* so as to double the number of the four *grands chevaux*. Or rather, it was insisted upon that there ought to be twelve, to bring them up to the level of the reputed twelve peers of France in the time of Charlemagne.

Still it was never definitely decided which eight, among all the houses having the privilege of assize, had a claim over the others to be considered the leaders after those of Lénoncourt, Lignéville, Haraucourt, and Du Chatelet. Public opinion was never settled on this point. Personal statements and traditions were all at variance. As nothing certain is known, we can only give the following names as having been those of families recognised at one time or other as *petits chevaux*.

Beauveau,	Des Armoises,
Raigecourt,	Gourcy,
Choiseul,	Ludres,
Custine,	Mitry.

THE ESTABLISHMENT

Its origin

Louis Bouloumié, a former magistrate, was the founder of the establishment of the mineral waters of Vittel, in 1854. While undergoing a course of treatment at Contrexéville he was impressed with the great reputation which the *fontaine de Gérémy*, now called the *Grande Source de Vittel*, had in the Country. M. Bouloumié was a man well informed and intelligent. He consulted the medical authorities of the district, and subjected the waters to accurate analysis. The result was that he became convinced of the superiority of the Vittel waters, in some respects, over those of Contrexéville.

This manifest superiority, afterwards recognised officially by the reporter of the Academy of Medicine of Paris, led to the formation of the vast establishment now everywhere known as

making the waters of Vittel safely and agreeably available. The report of this learned Society was in the following terms :

1855.

ACADÉMIE DE MÉDECINE

Sitting of the 24th April 1855.

PRESIDENT M. JOBERT.

Report of M. Ossian Henri on the chemical analysis of the mineral waters of Vittel (Vosges).

Springs of cold mineral waters, having a great resemblance in their chemical composition and medical properties to those of Contrexéville, in the Vosges, exist about two kilomètres from that place, in the commune of Vittel and Outrancourt, or Mandres.

The most important of these springs (the spring at Vittel) has for a long time been used by the inhabitants of the country under the advice of their medical men, and the water has been distributed throughout the department, chiefly at Mirecourt and Epinal.

The reputation of the waters of Contrexéville is of very ancient date, and every year gives evidence of their importance, but the water of Vittel offers some advantages which they do not possess. One of these advantages is very notable. It does not fatigue the stomach like that of Contrexéville, which is often found to be difficult of

digestion. It moreover produces a gentle purgation, which in many circumstances is desirable.

On these grounds, M. Bouloumié, the owner of the two springs at Vittel, has asked permission to open them to the public for medical use. A ministerial letter, of the 7th of February last, to the academy of Medicine was the consequence of this petition. It requests the opinion of the academy on the fitness of this demand, after analysis of specimens of the water in its natural condition has been made in their laboratory.

As it was the wish of the proprietor that the examination of the water should be as nearly complete as possible, and that the result should be a guarantee really indisputable, he suggested that it would be more satisfactory if the greater part of the analytical proceedings took place on the spot. He therefore invited your reporter to repair to Vittel, examine the springs, take specimens himself, and carry out then and there his principal experiments; and besides this, to collect the products from evaporation and precipitation of at least twenty-five or thirty litres of water, so that the definitive analysis might be made at Paris.

The composition of the waters of Vittel and Outrancourt has been ascertained, with the utmost exactness, by a careful analysis under these favourable conditions.

It will be seen by the tables that there is, as has already been pointed out, a great analogy between these waters and the waters of Contrexéville (*Source du Pavillon*). But in estimating the relative quantities of lime and magnesia in samples of each, the proportions are found to be much more satisfactory in the water of Vittel. Thus,

while at Contrexéville lime is present in the proportion of 4.40 to 1 of magnesia, at Vittel it is only 1.67 to 1.

The water of Vittel is therefore relatively more magnesian.

It contains a smaller proportion of sulphate of lime than the water of Contrexéville; *and this fact explains why it has more purgative properties, and is easier of digestion than that of Contrexéville.*

There is therefore no reason why the authorisation for the use of these waters for medicinal purposes should be refused.

We accordingly, Messieurs, propose that the reply to M. le Ministre should be in favour of granting it.

The report was unanimously adopted.

Situation.

The establishment of Vittel is at a distance of about half a mile from the town, just at the entrance of the valley of the Vair. It stands in the middle of a park of about thirty acres, planted and containing many fine trees, in the midst of which are lakes of clear water. Sufficiently large in itself, it seems to stretch out to an unlimited extent among the vast pastures which surround it without any apparent restrictive boundaries. The invalid can therefore follow his treatment in the

heart of a lovely country, far away from the noise and unhealthy emanations of any town.

It would perhaps be impossible to find another establishment of the kind so favourably situated as to site and sanitary conditions. Nor are there many in which, since its installation in 1880, so much of comfort and convenience in the arrangements can be secured.

The company which possesses the springs of Vittel was fortunate in obtaining the services of the eminent architect Charles Garnier, to whose taste we are indebted for the Grand Opera of Paris, and the Casino of Monte Carlo, in the direction of their recent works.

It was under his personal superintendence that his plans for their new building were completed. They comprise besides the main edifice, Drinking Halls, Galleries, Baths of all kinds, Dining-room, Casino, Theatre, Terraces and the Chapel.

M. Charles Garnier, member of the Institute of France, and of the Central Society of Architects, was summoned to London, on the 21st of June 1886, to receive the Gold Medal presented by Her Majesty Queen Victoria, every year, through the Royal Institute of British Architects, to an English or foreign architect, or archæologist, or to some man eminent in science.

The Council gave a banquet, in the rooms of the Royal Institute, after the annual meeting for the presentation of the medal. Mr. L'Anson was president on the occasion.

In the course of his reply to the address of the president, M. Charles Garnier used these words : “ This medal, which in its inscription, bears both the name of Her Majesty Queen Victoria, and the title of the Royal Institute of British Architects, is a mark of honour which surpasses every other, and is regarded everywhere as the highest and most enviable distinction. No one can dispute its worth. No one can misunderstand its intention. As for myself, I place it where it ought to be ; that is, I carry it as the first and foremost of my insignia.

It is now many years since, having finished my term at the Villa Medici, I came back from Rome, as it has often happened to others, without resources, without employment, without much hope of finding any, and consequently not a little perplexed as to my future.

Just at this crisis, Her Majesty Queen Victoria was on her visit to Paris. A ball was given at the Hôtel de Ville, and the prefect, wishing that the Queen should possess some memorial of the evening, had a magnificent album, containing

views of all the saloons and galleries of that historical building, prepared for her acceptance.

I was not a novice in water-colours, and it was arranged that I should make two drawings for the Royal album.

You may imagine how overjoyed I was at this piece of good fortune, which brought me the first money I had earned since my return. I shall never forget this circumstance. Naturally enough it pleased my *amour-propre* to look upon your Queen as my first patron, though perhaps I should speak more accurately, if I said that she was the cause of my obtaining my first commission.

Any how, she brought me good luck, for since then I have been able, the good and the bad taken together, to make my way in the arts."

The Springs.

The springs at Vittel are numerous. More than twenty of them contain mineral matter. One only, but that a very copious one, gives out natural water, and it serves to feed the lakes in the Park.

Four only of the twenty mineral springs are used for medical treatment, and three of them rise in the grounds of the establishment. These

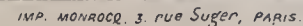
are the *Grande Source*, the *Source Marie* and the *Source des Demoiselles*. The fourth, the *Source Salée*, is at a little distance beyond the boundary.

The Galleries, Drinking room and the Springs.

The water department of the establishment includes a large drinking room enclosing the two principal springs, the *Grande Source*, and the *Source Salée*, a room for reading and conversation, a covered gallery into which opens a rotunda, and where the outlet of the *Source Marie* is situated. There is also an open gallery communicating with the covered one.

The style of all these constructions is an elegant moorish, about all the details of which the greatest pains have been taken. The façades are decorated with artistic porcelain made after designs by M. Charles Garnier. M. Jambon, who was employed to paint the interior of the grand opera, undertook the colouring and embellishment of the saloon, the drinking room and the two galleries. The flooring of the galleries is of ceramic paving tiles, and that of the drinking-room is a very fine mosaic. The walls of this

Parcs, Hôtels, Villas,
Maisons-Meublées.







DRINKING HALL.

tablishment in pipes of the stone of Rambervillers, unchanged by contact with the atmosphere, and maintaining its normal temperature.

The reservoir of the spring will be found in the centre of the covered gallery. The flow is constant at 90 litres the minute, with a temperature of 51 Fahrenheit.

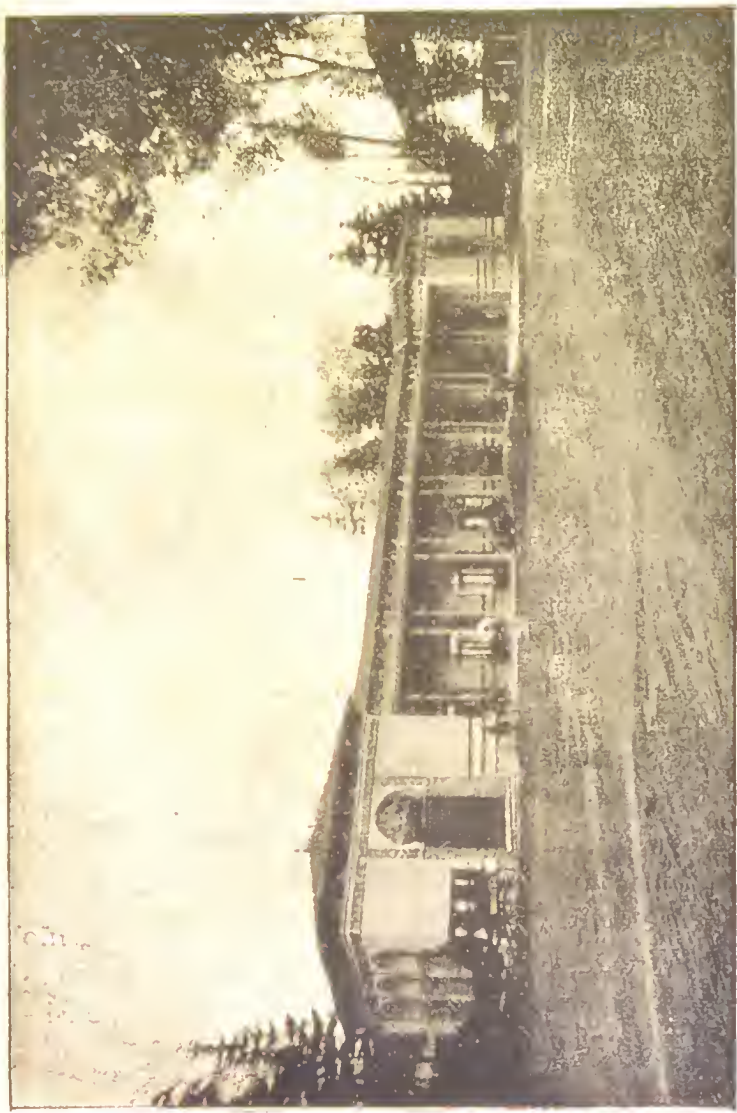
Source Marie.

This spring comes up in the glazed rotunda forming part of the covered gallery.

It gives about 50 litres the minute, and has the same temperature as the last.

Source des Demoiselles.

The *Source des Demoiselles* owes its name to the character of the young patients who resort to it. It jets out from the centre of a rock, formed by the accumulation of the ferruginous matter which it deposits. This rock is covered with a luxuriant growth of ivy, periwinkle, and ferns. It yields sixteen litres in the minute, at the same temperature as that of the *Grande Source*. The spring has a circular pavilion built over it, for which the material used was the rock out of which it issues. It is surmounted by a weather-cock, re-



SPRINGS AND BATHS

presenting love scattering flowers. Young patients will be charmed to see the means of their restoration in such an exquisitely embowered retreat.

Baths and Douches.

There is easy access from the drinking-room to the baths and douches, so that, without exposure, a patient may drink, bathe, take his exercise and rest himself in the saloon; in fact, go through the whole routine of his treatment.

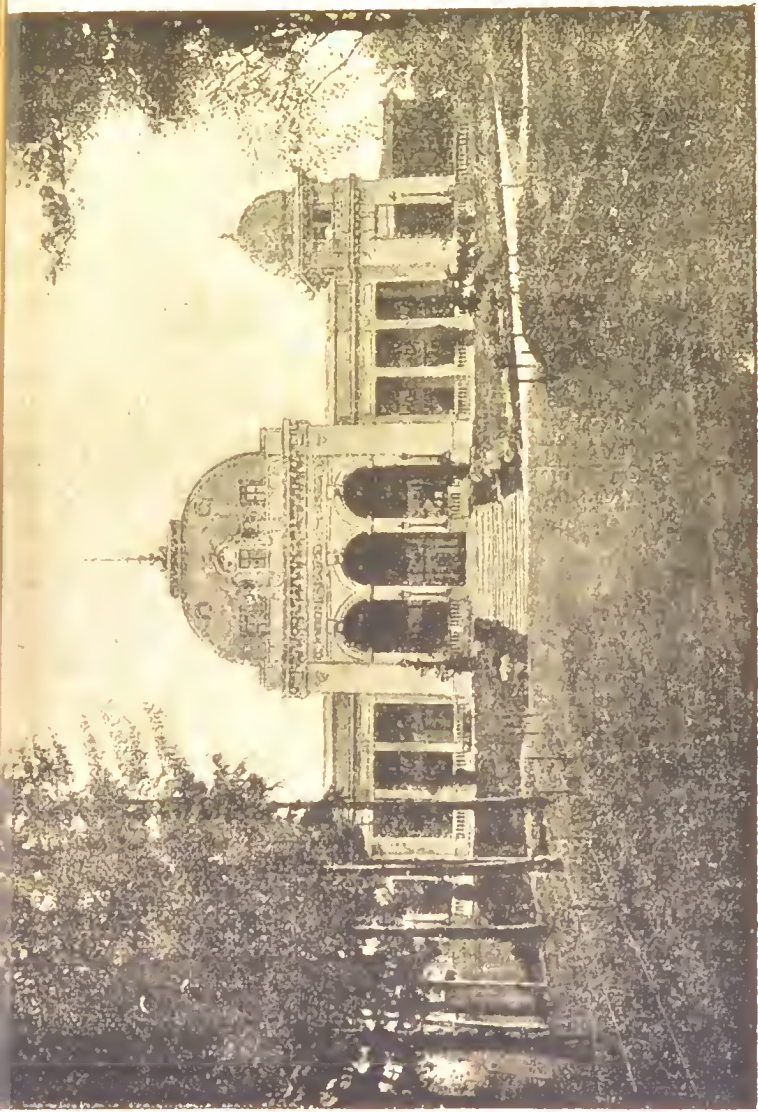
The bath-house, in the same style as the drinking-hall, is of two stories. The douches, and sulphurous baths, and the bath-rooms set apart for invalids who are recommended a mild treatment of alternate baths and douches, are arranged on the ground-floor.

The first-floor is fitted up exclusively with bath-rooms. Each patient taking the douches has his separate dressing-room.

There are thirty-two bathing-rooms.

The Casino.

Every effort has been made to put the casino of Vittèl on an equality with that of the most artistic and renowned of all the thermal establishments of France.



THE CASINO

The site is an elevation which commands a view of the park, the springs, and the valley. Spacious terraces surround the building.

There is a central hall, having galleries with columns and balustrades, which lead on the right side, to the refreshment and reading rooms, and on the left, to the billiard and cardrooms. At one end of the hall is the vestibule of the theatre, with its retiring rooms and ticket-offices. The theatre itself, with accommodation for 500 people, has a curtain the production of the two artists, Messrs Rubé and Chappron, who also carried out all the other decorations.

The Grand Hotel of the Establishment.

This building stands on the same level as the Casino, and has direct communication with it.

It contains 150 bed-rooms, furnished with everything required for comfort, and kept in the most scrupulous order.

Private apartments with sitting rooms are arranged for the use of families. The dining room, to hold one hundred and fifty at table, is a work of art, designed by M. Charles Garnier, and decorated by M. Jambon. There are extensive views over the country from all the windows.

The Chapel.

Built in the italian style. It has place for 200 seats, with a gallery for the choir. There is service in it every day during the season.

The Orchestra.

This erection stands in front of the drinking hall, so that those persons who prefer sitting in the galleries, rather than on the out-door seats, can still have the full enjoyment of the band.

Stalls and Counters.

In different parts of the establishment counters for the sale of useful and fancy articles have been authorised, so that visitors may without difficulty supply all their wants and tastes. Lace, porcelaines, and jewelry, the artistic productions of Lorraine, are the objects mostly offered for sale.

Accommodation at Vittel.

For a stay at Vittel, various arrangements may be made to suit the wants of visitors. Hotels, villas and furnished rooms.

Hôtels.

Among all others the Grand Hotel of the Society is the most important, and affords the most comfortable accommodation. Some account of it has already been given. For the last two years it has been under the direction of M. Roubion, proprietor of the hôtel Roubion at Nice, and of the celebrated Reserve de Marseille, where the best of all bouillabaisse is to be met with.

Prices vary from 11 to 18 francs each person, according to the apartment occupied. This sum covers the apartment, living at the table d'hôte, and wine.

There is a tariff for extras.

TARIFF OF EXTRAS AT THE GRAND HOTEL OF THE ESTABLISHMENT, VITTEL.

Bed room '	3 to 10 fr.	»
Pension à table d'hôte.	8	»
Service	1	»
Extra bed	2	»
Candle.	»	50
<i>Table served</i> } In the dining room . . .	1	»
<i>separately</i> } In private room	1	50
(each person) } Out of hotel	2	»

Café au lait	"	75
— with bread and butter	1	50
Chocolate	"	75
-- with bread and butter	1	50
Café noir	"	50
Infusion	"	50
Déjeuner (table d'hôte)	5	"
Dinner —	7	"

Children.

<i>Pension</i> }	Under 7 years of age	4	"
	From 7 to 12 years of age . .	5	"
	From 12 to 15 years of age. .	7	"

Servants.

Bedroom and pension	6	"
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NOTE. — The second of two persons occupying the same bed will pay a supplement of 1 fr. for the room and 1 fr. for service; pension being 8 fr.

The other hotels may be distinguished by the difference of their situation; those to the north of the line of the railway are within the boundaries of the establishment; the others, to the south of the line, are in the town.

The hotels in the town are, —

L'hôtel de la Providence. Charge, 7 to 9 francs a day.

L'hôtel des Vosges. Charge, 6 francs a day.

L'hôtel de la Gare. Charge, 3 to 5 francs a day.

The hotels situated within the boundaries of the establishment are,

L'hôtel Chatillon-Lorraine. This is one of the best of the district. It has a vast dining room, with accommodation for 150 persons. Charge, from 8 to 15 francs. Distance from the entry of the park of the establishment, about 17 yards.

L'hôtel Continental. Charge, from 9 to 14 fr. Distance from the entry of the park of the establishment, rather more than 100 yards.

L'hôtel des Sources, opened in 1886. The same charge, ground-floor and first floor, 8 francs; second floor, 7.50 francs, including service.

Distance from the entry of the park of the establishment, not quite 70 yards.

L'hôtel des Tilleuls. Charge, 6 and 7 francs a day, service included.

Distance from the park gates, 300 yards.

Villa Nino.

The house contains two sets of rooms, one on the ground floor, the second on the first floor. They

may be hired together or separately. The two may be conveniently arranged for the use of a large family.

Each set of rooms contains :

1. Entrance Hall,
2. Saloon,
3. Dining-room,
4. Two principal bed-rooms,
5. Two bed-rooms for servants,
6. Kitchen, etc.,
7. Cellar.

All the rooms are completely furnished, and the kitchens stocked with the necessary utensils.

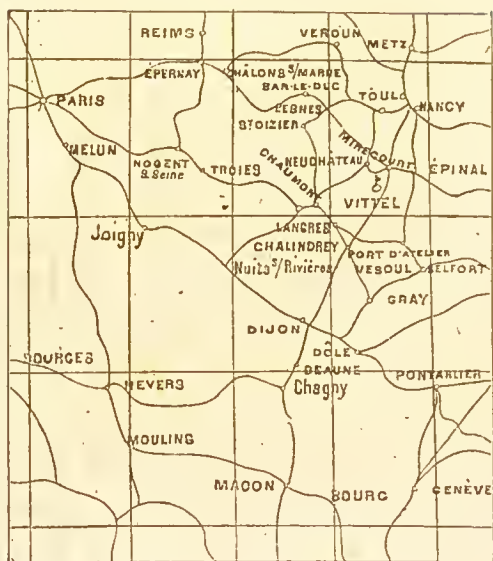
Distance from the entry to the establishment, betewen 50 and 60 yards.

All information respecting the Villa Nino will be given upon application to the “Administrateur-Directeur de la Société des eaux minérales de Vittel.”

Furnished Apartments.

There are many furnished apartments to be let in the town of Vittel, of which particulars may be obtained from “L'Administrateur-directeur de la Société des eaux minérales de Vittel.”

ITINERARIES



For particulars apply :

At Vittel : to M. L'ADMINISTRATEUR de la *Société des eaux*.

At Paris : to the DÉPOT CENTRAL, 16, rue de Hanovre.

At London : to GALLAIS, 90, Piccadilly.

PARIS à VITTEL
par LANGRES et CHALINDREY.

	1 2 3 c.	1 2 3 c.	1 2 cl.	1 2 cl.	1 2 3 c.
	matin.	matin.	soir.	soir.	soir.
Paris.... dép.	7 03	8 35	8 50	9 40	9 40
		soir.		matin.	
Langres... {arr.	—	2 44	—	5 49	
{dép.	—	3 02	—	5 56	
	soir.		matin.		
{arr.	5 30	—	3 07	—	
Chalindrey. {dép.	6 10	—	3 23	—	
	8 33	5 08	5 49	8 23	

NOTA. Le train partant de Paris à 11 h. 10 (par Chalindrey) sera supprimé après la saison des eaux.

Les trains partant de Paris à 11 h. 10 mat. et à 8 h. 50 soir comprennent, le premier une voiture de 1^{re} cl. et une voiture de 2^e cl. et le second une voiture de 1^{re} cl. directes de Paris à Vittel par Chalindrey.

LAON, REIMS, CHALON-S.-MARNE
à VITTEL par Chaumont.

	1 cl.	1 2 3 c.	1 2 3 c.
	soir.	soir.	matin.
Laon... dép.	7 53	mid. 45	7 40
	8 38	2 03	9 08
Reims.... {arr.	8 43	3 00	9 23
{dép.	9 35	4 38	10 29
Châlons.. {arr.	9 40	5 07	10 49
{dép.	10 18	6 17	11 34
Blesmes.. {arr.	10 21	6 40	11 46
{dép.	11 47	9 20	soir. 1 52
Chaumont {arr.	matin.	matin.	
{dép.	2 20	4 30	2 20
Langres.. {arr.	—	5 19	2 59
{dép.	—	5 56	3 02
Chalindrey {arr.	3 17	—	—
	1 2 3 c.		
	3 23	—	—
Vittel... arr.	5 19	8 23	5 03

**LONGUYON, METZ, PAGNY-SUR-MOSELLE
et NANCY à VITTEL.**

	1 2 3 c.	1 2 3 c.	1 2 3 c.	1 2 3 c.	1 2 3 c.
	matin. min. 51	matin. —	matin. 5 43	matin. 9 45	soir. —
Longuyon..... dép.					
Conflans-Jarny . {arr.	1 44	—	6 56	11 04	—
{dép.	1 47	—	7 03	11 11	—
Metz (heure allemande).	—	matin. 4 23	—	8 56	2 0
Pagny-sur-Moselle {arr.	2 33	matin.	8 00	midi 10	—
{dép.	2 36	4 44	8 03	midi 13	2 28
{arr.	3 33	5 57	9 20	1 24	3 31
Nancy.....	1 2 3 c.				
{dép.	matin. 5 17	matin. 10 08	matin. 10 21	soir. 5 00	
Vittel..... arr.	9 26	mid. 35	soir. 2 25	8 30	

**LAON, REIMS, CHALONS, NANÇOIS-LE-PETIT,
NEUFCHATEAU et MIRECOURT à VITTEL.**

	1 2 3 c.	1 2 3 c.	1 2 3 cl.	1 2 3 cl.	1 2 3 c.
	mat.	mat.	matin.	matin.	soir.
Laon..... dép.	—	7 40	.	1 55	—
Reims {arr.	—	9 09	.	3 18	—
{dép.	—	9 23	.	6 00	—
Châlons- {arr.	—	10 29	.	7 29	—
sur-Marne. {dép.	—	11 40	.	7 54	—
Nançois- {arr.	—	soir. 2 55	.	10 36	—
le-Petit. {dép.	—	5 50	6 30	11 15	—
Neuf- {arr.	—	9 05	9 20	2 40 soir	—
château. {dép.	—	mat. 6 37	mat. 9 25	4 07	7 34
{arr.	—	7 57	11 44	5 26	9 19
Mirecourt. {dép.	6 25	8 40	mid 35	1 38	6 00
Vittel.... arr.	7 11	9 26	2 25	6 46	7 50
				8 30	9 35
					10 21

ITINERARIES

A. — From LONDON to VITTEL without passing by Paris.

1^o SPECIAL DIRECT TRAIN (train de luxe) *viâ* Calais and Nancy.
From the 1st of July. Train formed only with sleeping cars
and restaurant-waggon.

Departure London at 8 h. p. m.	Departure Nancy at 10 h. 20 a. m.
Arrival at Nancy at 10 h. 14 a. m.	Arrival at Vittel at 12 h. 45 p. m.

RETURN

Departure from Vittel at 10 h. 15 a. m.	Departure from Nancy at 2 h. 38 p. m.
Arrival at Nancy at 2 h. 35 p. m.	Arrival at London at 6 h. a. m.

2^o EXPRESS TRAIN *viâ* Calais, Lille, Sedan, Nancy and Vittel.

Departure from London at 8 h. p. m.	Departure from Nancy at 5 h. 10 a. m.
Arrival at Nancy at 4 h. 03 a. m.	Arrival at Vittel at 8 h. 48 a. m.

RETURN

Departure from Vittel at 5 h. 09 p. m.	Departure from Nancy at 10 h. 47 p. m.
Arrival at Nancy at 7 h. 34 p. m.	Arrival at London at 6 h. a. m.

B. — From LONDON to VITTEL passing by Paris.

a. — From LONDON to PARIS.

	FARES.	
Via Dover and Calais	1st cl.	60 sh.
	2d cl.	45 sh.
— Folkestone and Boulogne	1st cl.	56 sh.
	2d cl.	42 sh.
— Newhaven and Dieppe	1st cl.	34 sh.
	2d cl.	25 sh.

b — From PARIS to VITTEL.— 1^o *Viâ* Langres and Chalindrey.

Departure from Paris at	8 h. 35 a. m.	Arrival at Vittel at	5 h. 08 p. m.
— —	11 h. 10 —	— —	8 h. 33 —
— —	8 h. 50 p. m.	— —	5 h. 19 a. m.
— —	9 h. 40 —	— —	8 h. 25 —

2^o *Viâ* Nancy and Mirecourt.

Departure from Paris at	8 h. 30 p. m.	Arrival at Vittel at	8 h. 48 a. m.
— —	9 h. 15 —	— —	12 h. 38 p. m.
— —	9 h. 20 a. m.	— —	8 h. 27 p. m.

FARES

FROM PARIS TO VITTEL.		FROM LONDON TO NANCY.	
1st class.	45 fr. 80	1st class.	4 l.
2d —	34 fr. 25	2d —	2 l. 19.9
3d —	25 fr. 20		

Travellers finding it necessary to stop in Paris may stay with confidence at the *Hôtel de Normandie*, 7 rue de l'Échelle, which opens on to the avenue de l'Opéra, near to the Théâtre-Français. The proprietor is correspondent, at Paris, for the dispatch of the water of Vittel to England.

Every desired information both with regard to the establishment at Vittel, and the railway journey to that place, will be given in the hotel.

The proprietor will undertake to arrange for accommodation at Vittel, and to secure the railway tickets for the journey.

The Normandy Hôtel is known as an English hotel, and as one of the best in Paris. It has long held a high character from the distinction of its visitors. The comfort of the rooms, the cleanliness of the house, the excellence of the service, and the civility of the attendants are its recommendations.

TARIFFS

The season at Vittel lasts from the 15th of May to the 25th of September. Season tickets may be obtained at the office which is in the grand gallery of the springs. They give the right to drink at all the springs of the establishment during the whole of the season. Price 20 francs.

Water exported.

The water of Vittel keeps in excellent condition. This unlimited preservation has always been a special characteristic and accounts for the daily increasing demand for home use.

Price in Station at Vittel :

A case of 50 bottles	32 fr. 25
— 30 —	20 05

At the central depot, Paris, rue de Hanovre 16, one bottle, 75 cent.

In the provincial depots, 20 bottles, 70 cent. each.

London.

Depot at London, where every information is given. Gallais and Co, 90, Piccadilly, W.

NOTE. — The administration will forward from Vittel to Medical men, on demand for their own use :

A case of 50 bottles at.	12 fr. 50
— 30 —	7 50

Baths, Douches and Massage.

Tickets for the baths and douches will be delivered at the season ticket office.

Bath of mineral water,

with dressing gown and 2 towels. 1 fr. 50

Bran bath	—	—	2	»
Alcalin bath	—	—	2	»
Aromatic bath	—	—	2	50
Sulphurous bath	—	—	2	50
Bain de Pennès	—	—	2	50
Hip-bath	—	—	»	75
Hot douche	—	—	1	50
Cold douche	—	—	1	25
Scotch bath	—	—	1	50
Rectal douche	—	—	»	75
Hip-bath with running water	—	—	1	50
Extra towel			»	10
Dressing-gown			»	20
Cloth lining for bath			»	20

Massage.

Experienced operators, both male and female, are engaged for this service. They have been selected

from the great hydropathic establishments of Drs. Keller, Beni-Barde and others of Paris.

Massage can be done either in the bath rooms specially appointed, or in the private apartments.

Price in the cabinet de massage; one sitting — 3 francs.

Private massage; charge according to the time occupied.

Casino.

The subscription to the Casino gives the subscriber: 1st, free admission to all the apartments; 2nd, to all the games for which provision is made either in the rooms or in the entrance hall; 3rd, to the theatrical representations, balls and concerts. There is some entertainment every evening.

Subscription for twenty-five days :

For one person	30 fr.
For two persons of the same family . .	55 "
For three . — — .	80 "
For four — — . .	100 "
For five — — . .	130 "

This brings the charge for all the entertainments of the Casino to 1 fr. 20 for a single person each day, and as near as possible to one franc a day for each of the members of a family.



Admission to the Casino for one day . . . 1 fr.

Admission to evening representations or
concerts 3 fr.

Subscription cards and day tickets are presented at the ticket office on the right in the entrance hall of the Casino.

Casino Club.

The suite of rooms appropriated to the club are in the Casino. Every subscriber to the Casino will be admitted to the Club rooms, which are within the Casino, upon the recommendation of two members of the Club.

After payment of subscription to the Casino, there is no further fee for entry to the Club rooms.

Orchestra.

The band plays twice a day : — in the morning from half-past seven till 9 o'clock ; in the afternoon from half-past three till 5 o'clock.

Every subscriber to the Casino, or to the Drinking rooms, has a right to reserved places in front of the orchestra, and to bring a friend with him.

The Cow-House.

The Cow-House is open both morning and

afternoon, and fresh-drawn milk is supplied to any one requiring it.

Price : Cup of Milk. 25 cent.

Amusements.

The games usually preferred at Vittel, and found to suit best with the necessities of the treatment, are : croquet, lawn-tennis, bowls, nine-pins, trap-ball, pistol and other kinds of shooting.

The charges for croquet, lawn-tennis, bowls, and for pistols, pigeons, carabine and boar shooting are posted up in the establishment.

The boat on the lake is free to all subscribers and their visitors.

Gymnasium.

The gymnasium is open to all subscribers to the Casino, and to persons accompanying them.

Hair-dressing rooms.

These rooms are to be found in a separate building in the park, near the springs.

The charges are the same as those in the salons de coiffure at Paris.

Chapel.

Price of places : One place during service. » 15 cent.

Subscription for 25 days. 1 franc.

Post-Office and Telegraph.

Letters are delivered three times a day.

This year, 1887, a branch telegraph office will be opened in the establishment.

Medical attendants.

D^r Patézon, winter at Parnot (Haute-Marne).

D^r Bouloumié, winter at Paris, 10, rue Caudmartin.

D^r Paul Rodet, winter at Paris, 72, avenue de Villiers, and at London.

Drugs.

The pharmacy of M. Thouvenot is fitted up and supplied on the model of the best establishments of Paris. Considering the importance of his position, as chemist of a large water-cure resort, M. Thouvenot is careful in having every thing that may be required at the command of his customers.

SANITARY INSTRUCTIONS

1st. — Time for taking the waters. — The cold and rainy condition of the climate in the Vosges during the greater part of the year necessarily restricts the season of Vittel. It is all important therefore for the safety of the class of invalids resorting to Vittel, to whom chills would be injurious, that the season should be fixed between dates when the weather is fine and warm, and such danger is least to be apprehended. Besides being agreeable the warmth and dryness of the summer, allowing of walks, excursions, and various country pleasures, are essential helps to the course of treatment. These considerations have led to the opening of the season of Vittel on the first of June and its closing on the 15th of September, under ordinary circumstances. But in case of the month of September turning out favourable, residence may be continued until the first of October.

2nd. — Duration of the treatment. — In almost all the places of resort for water-cure, there is a kind of oracular prescription of twenty-one days

as the normal duration of the treatment. Unfortunately for all that concerns medicine, there is nothing mathematically exact, no fixed time for anything, either as to its beginning or its ending. In every invalid there is a new phase of disease. Twenty-one days may often turn out to be the right number, but it may just as well happen that twenty-five or thirty are required. It is for the medical attendant to decide whether or not the treatment ought to be prolonged.

Many reasons have been given in explanation of the traditional choice of twenty-one days. Some have said it was because it corresponded with the usual interval between two of the menstrual periods in women. Others are satisfied with it simply because it is a multiple of the ever-recurring number 7. A few, whose imaginations are disposed to suspect ill every where, have fancied that it was an ingenious dodge of the administration to increase their profits by cutting short the months. I need not say that a freak of this sort never suggested itself to the administration of Vittel, whose first concern is to do all in the interest of the patients.

Still, if be it impossible to fix beforehand the length of treatment required, there is no difficulty in determining when an invalid should sus-

pend his treatment. The most significant symptoms of surexcitation, which cannot be confounded with the nausea of disgust or intolerance, generally manifest themselves after a certain time, and indicate a saturation of the system with the mineral ingredients of the water. Nature thus gives a warning which must not be left unheeded. It shows that the whole economy is abundantly under the influence of the mineralised fluid, and that at that point it must be withheld to avoid any harmful effects. The evidences of this state of saturation may become apparent from the eighteenth to the twenty-fifth day.

Precautions before and after the cure. — In former times it was thought essential to adopt a variety of precautionary measures before resorting to mineral baths. Purgings and bleeding were submitted to, and, in some instances, the lawyer was sent for to aid in testamentary dispositions. We may now purge if there be occasion for it, but it is no longer an unavoidable precedent. No one bleeds, and as for will-making, if people even think of it, they go to the waters with the express intention of putting off the date of operation as long as possible.

There are in fact no obligatory preliminaries

to go through in anticipation of a water-cure.

As for the particular stage of a disease at which a patient should be sent to take mineral waters, it must be left to the judgment of the medical man who selects the station.

As a general rule, however, it may be asserted that patients should not venture to go to Vittel till all the acute symptoms of their disorder have been subdued. Thus, gouty subjects, suffering from attacks of that disease in any of the joints, should put off the journey till all pain is soothed down.

The same may be said of invalids, liable to colic from kidney, or liver affections.

Functions of the skin. — The kidneys and the skin are extremely sympathetic in their functions. There is a sort of oscillation between the reciprocal amounts and contents of the excretions of perspiration and urine. In summer every one may remark that, when transpiration is abundant, the secretion of urine is reduced to its lowest point. The contrary takes place in the winter season.

Now, since it is by these two routes that the great elimination of uric and phosphoric products takes place, we must always be careful to insure the natural performance of the

functions of the important organs concerned.

Consequently every precaution must be observed to avoid the influences of a damp, cold atmosphere, and to protect the body against the sudden changes of temperature caused by the neighbourhood of woods and mountains.

For the morning visit to drink the water at the springs, the invalid should never neglect to put on warm clothing. He ought not to stand about in the misty air, and should be provided with sufficient protection from rain, always avoiding draughts. When the evenings are damp he should remain indoors. A change of linen must be made whenever it is moist with perspiration.

Frictions, massage, baths and douches contribute much to maintain the perfect action of the skin.

How is a cure by water drinking to be regulated. — I must, in the first place, declare that there is no one rule which can be uniformly applied even to patients of the same class; still less can it be done to the miscellaneous party of visitors at Vittel.

It too often happens that invalids fancy they can manage matters for themselves. Or perhaps they ask advice of some table companion, or some habitual frequenter of the baths. They then

follow the routine of treatment which had been prescribed, though most likely under circumstances not at all the same. No practice is likely to lead to worse results than this, and it is one which must be protested against. Lamentable consequences have often been experienced by patients thus imperfectly advised, and then they have blamed the water instead of the injudicious way in which they have used it.

Let us take for example two men suffering from gravel. One has his urine loaded with uric acid; the urine of the other deposits only phosphates. Are these two men to be put through the same course of treatment? Two others are gouty. One has his joints swelled and painful; the other has no external manifestations of the disease and has been for a time in a state of ease, but is threatened with some visceral attack. Can they safely advise each other?

It is possible that the same diathesis exists in these patients, but the way in which it shows itself is different, and even though the Vittel water is suitable for them both, its mode of administration cannot be the same. It must be remembered that with gouty people, for instance, there is something more than the mere gout to be considered. We have to take

into account the idiosyncrasies of each individual and the personal effects of that gout. This is a matter which no patient can appreciate himself. The physician alone can resolve such problems, and he sometimes only after a continuous observation of several days. I do not hesitate to say that, to carry through a course of treatment by mineral waters successfully for any given diseases, it requires that a medical man should have great tact and experience in addition to his general scientific knowledge. Accept it then as good advice : not to let your treatment take place without professional direction.

Exercise and rest. — We commend exercise for gouty patients, because nothing assists more the dispersion of the passive congestions and œdematous infiltrations which impede joint movements, and trouble the functions of internal organs, than continuous muscular contractions. If we add the use of douches, these effects are much more marked.

When a patient is suffering from gravel, his treatment will depend upon the nature and seat of the concretion.

Carriage exercise, riding, and walking, all aid much the descent of small renal concretions, and have a very favourable influence over the too ac-

tive local circulation in cases of uric acid excretion; relief is also found by those who, with the phosphatic diathesis, have a state of atonic congestion.

But knowing a stone to exist in the bladder, free, hard and with a rough surface, it will be prudent to abstain from all exercise of this kind. Any brisk agitation of the body is then almost sure to bring on pain, irritation of the parts, spasm and even hæmorrhage.

Exposure to the open air, with exercise out of doors to the full extent of the powers, is an essential part of the treatment in most cases of dyspepsia, engorgement of the liver, chlorosis and anæmia.

A too long indulgence in bed is to be forbidden to all persons with gout or gravel. It is injurious to them by encouraging a congested state of the kidneys. And besides this, the bladder itself is in an unfavourable position; and the genital and urinary organs are apt to be stimulated when the patient remains too persistently in the recumbent attitude in bed.

Diet. — This is a matter which requires to be so justly regulated according to the nature of the disease, that it is better for a patient to leave it entirely to his physician to point out what would

be hurtful, and what may be taken to his advantage or without inconvenience.

The Day of a water-drinker.

He ought to be out of his bed between five and seven o'clock, dress, go down to the drinking hall, and there take his allotted number of glasses, with intervals of a quarter of an hour between each dose. The spare time may be filled up with conversation, short walks, or some other amusement.

The last glass of water is to be taken about 9 o'clock, so that the drinker may be ready for his breakfast at ten.

After breakfast is the time for reading and replying to correspondents. Then there are the daily papers to occupy time; and while a few persons are disposed to take a salutary nap, others find it more agreeable to betake themselves to some amusement.

About three o'clock the park begins to be gay. The water drinking has to be resumed, and this is far from being an objectionable occupation, for it simply consists in swallowing a few glasses, or halfglasses, of a palatable and refreshing water.

Twice a week, the amateurs of pigeon-shooting

have a meeting at the place laid out for this sport.

Those patients who have settled their affairs with the doctor, and have a mind to spend the afternoon in some excursion, are excused attendance and need only return in time for dinner at 6 o'clock.

Arrangements can be made for promenades, or excursions, either on foot, or horseback, or by carriage, for all such as are so disposed.

After dinner an hour's promenade either on the park terrace, or in the town, or on the forest road, generally precedes the entry to the Casino¹.

1. The price of carriages for excursions, with one horse, is raised by two francs, and of carriages, with a pair horses, by three francs, when the start is made in the morning before breakfast.

The return should always be arranged in time for dinner. Otherwise the driver has a right to demand a small extra payment according to the pleasure of the employer.

WALKS

There is no lack of pleasant walks round about the establishment.

1° *La Tuilerie*. This is a model farm, chiefly for the rearing of cattle, the property of one of the most renowned of our French agriculturists. Across the fields to it, from the establishment is about one kilometre.

2° A large brewery about 1 1/2 kilometre distance is worth visiting. It goes by the name of *La Samaritaine*, or the brewery of Burgundy.

3° The *forest of Vauvillard*, with its numberless paths, and traversed by the high road, is just outside the gates of the Park.

4° *La montagne de Chatillon*, called also *Montagne à perruque*, because of the woods which thickly cover its top. The ascent is made from the park of the château de Géré moy which belongs to the director of the Vittel Society.

5° At one kilometre from the establishment is *La Croix de Norroy*, from which there is a wide and lovely view.

6° *Lorima*, by the heights of the forests of Mu-

tin, Voivre and Lorima, about 4 kilometres distant.

7° The abandoned *coal-pits* of Norroy at 3 kilometres from the establishment.

EXCURSIONS

ROUTES, DISTANCES, TARIFFS

I.

1^o Chèvre-Roche.

A. — *Going and returning by Thuillières.*

From Vittel to Thuillières.	9 kil.	»
From Thuillières to Chèvre-Roche. . . .	1	»
Return same distance	10	»
		<hr/>
Total. . . .	20 kil.	»

Charge for the afternoon.

Carriage with 1 horse for 4 persons	10 fr.	»
— 2 horses for 4 persons	15	»
— 2 horses for 8 persons	18	»

B.—*Going by Thuillières, returning by Saint-Baslemont and Lignéville.*

From Vittel to Thuillières	9 kil. —
From Thuillières to Chèvre-Roche	1 „ —
From Chèvre-Roche to Saint-Baslemont	1 „ 500
From Saint-Baslemont to Lignéville	3 „ 500
From Lignéville to Vittel	4 „ —
Total	19 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	10 francs.
Carriage, with 2 horses, for 4 persons	15 „
Carriage, with 2 horses, for 8 persons	18 „

2. CHÈVRE-ROCHE.—LES TOURS DE SEYCHELLES AND THE CHURCH OF RELANGES.

A.—*Going and returning by Thuillières.*

From Vittel to Thuillières	9 kil. —
From Thuillières to Chèvre-Roche.	1 „ —
From Chèvre-Roche to the Tours de Seychelles	2 „ —
From the Tours de Seychelles to Relanges	3 „ —
Return	15 „ —
Total	30 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	12 francs.
Carriage, with 2 horses, for 4 persons	16 „
Carriage, with 2 horses, for 8 persons	20 „

B.—*Going by Thuillières, returning by the Gorge of la Gabiole, Provenchères, and Lignéville.*

From Vittel to Thuillières	9 kil. —
From Thuillières to Relanges	6 „ —
From Relanges to Provenchères, by the Gorge of la Gabiole	5 „ 500
From Provenchères to Lignéville	4 „ 500
From Lignéville to Vittel	4 „ —
Total	29 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	12 francs.
Carriage, with 2 horses, for 4 persons	16 „
Carriage, with 2 horses, for 8 persons	20 „

C.—*Going by Thuillières, returning by the Gorge of la Gabiole, Provenchères, Viviers, Dombrot, Contrexéville.*

From Vittel to Thuillières	9 kil. —
From Thuillières to Relanges	6 „ —
From Relanges to Provenchères, by the Gorge of la Gabiole	5 „ 500
From Provenchères to Viviers	2 „ —
From Viviers to Dombrot	3 „ —
From Dombrot to Contrexéville	4 „ 500
From Contrexéville to Vittel	5 „ 500
Total	35 kil. 500

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	14 francs.
Carriage, with 2 horses, for 4 persons	18 „
Carriage, with 2 horses, for 8 persons	22 „

I. THUILLIERES.

CHÈVRE-ROCHE—LES TOURS DE SEYCHELLES—
L'ÉGLISE DE RELANGES.

Thuillières. — Formerly Thuillières, although actually part of the Canton of Vittel was in subjection to the Dukes of Champagne. The lords of Thuillières were immensely rich. They held the land in all directions; and they were not less powerful than the greatest barons. Their coat of arms was “d’or à la clef de gueules, posée en pal, accompagnée de billettes aussi de gueules.” Yet, if the historians of Lorraine are to be trusted, these illustrious seigneurs were a curse rather than a benefit to their country. Thus we find accounts of them making, in the fifteenth century, war on the bishoprics of Metz and Toul, and against the Count of Vaudémont, taking possession of the fortress of Haroué, waylaying Conrad Boyer, Bishop of Metz, at Ermanca, taking him to the Château de Custines, near to Nancy, and there shutting him up in prison.

This prelate, however, who was of a warlike disposition, took a startling revenge upon them in 1640. The cruelties he had suffered during his detention at Custines, and the havoc made by the lords of Thuillières on his territories, excited in

him a thirst for savage reprisals. He gathered about him his own followers, got assistance from the Duke of Lorraine, went in person and laid siege to the Castle of Thuillières. Vautrin, lord of the place, valiantly held out in defence, but it was at length taken. The bishop burnt it to the ground and left only a heap of ruins.

Chèvre-Roche.—By a road which leads round the north side of the forest of Battreau, and passing the village of Thuillières, on the boundary line between France and Lorraine, we come to the curious hermitage of Chèvre-Roche, built many centuries ago by the seigneur of Monthureux-le-Sec. Chèvre-Roche takes its name from its being an enormous erratic block of variegated sandstone. On the summit are the ruins of a chapel of Moorish architecture, dedicated to Notre Dame de Consolation. The simple and credulous country people used to be in the habit of going there to consult an oracle, which of course gratified them with wordy answers, as obscure or equivocal as any that were ever given by the virgin priestess, Pythia, from her tripod in the temple at Delphi.

In the middle of a wood not far from Chèvre-Roche there is a little chapel dedicated to Saint Antoine, in which at one time an old hermit took up his abode.



CHÈVRE ROCHE.

It is worth while to make the trip and lunch at Chèvre-Roche.

Les Tours de Seychelles.—In the return to Vittel take the road by Darney. On the borders of the forest to the right are the Tours de Seychelles, the remains of a fortress, built in the twelfth century by the Templars, who had a commandery at Esley. It was used by them as a prison. During the troubles of the Fronde, Cardinal de Retz found a refuge there and wrote a part of his memoirs.

Many years after the abolition of the Order of Templars in 1311 A.D., the commandery and the fortress became the property of the Knights of Malta. The Church of Esley has in its foundations an ancient Gothic crypt. In 1841, when some excavations were being made in the adjoining cemetery, the workmen came upon a quantity of coins in gold. They bore the effigies of some of the sovereigns of the Middle Ages, such as Sigismund, Emperor of Austria, Albert III, Frederick III, Maximilian I, Emperors of Germany, René II, Duke of Lorraine, Charles the Téméraire, Duke of Burgundy, and others. It was no doubt during the troubles and wars of Lorraine that this treasure had been concealed.

Relanges.—The Templars were the founders and builders of the venerable church in this village.

Ricuin, the lord of Darney, and his wife Lancède, also founded a priory of the Order of the Benedictins of Cluny in 1049. Their title deeds imposed upon the members of this priory the obligation of distributing alms three times a week to the poor and wayfarers. But they did not stop at the literal performance of this duty ; they often threw open the doors of their vast establishment and gave as well food and lodging. This liberal conduct brought them into great esteem and consideration by the nobility of Lorraine, who frequently came to their assistance with gifts of money and goods. An interesting visit may be made to the church of the priory. The style of architecture is that of the eleventh century. Thierry d'Enfer, son of Ferry de Bitche, one of their most zealous protectors, was buried within the walls.

The road from Relanges to Provenchères passes by the Gorge de la Gabiole.

Provenchères.—Provenchères was the appanage of a family great and powerful in the fifteenth century. They had built a religious house for men on the mountain of Crâ, where at one time vines were cultivated. Numerous tombs bearing sculptures of religious emblems have been found in many parts of this mountain, and in the fields which lie at its base great quantities of human

bones with broken weapons. The Roman road from Langres to Strasbourg passes through this canton at some few mètres distance.

The miracle-working fountain of Sainte-Colombe, supposed to have the power of healing sick children, was also in Provenchères.

The remains of an old chapel, which once was part of some fortified place, are not to be passed by without inspection.

Lignéville.—The family bearing this name, one of the most illustrious of the Duchy, took its origin in this place. The Lignévilles were among the *grands chevaux* of Lorraine, and had for arms “*losange d’or et sable.*” The family still exists.

The House of Lignéville.—One of the most ancient and celebrated of the country, by its alliances, by the high civil position in which it always stood, by its military exploits, and by the ecclesiastical dignities which have been bestowed upon its members. It was ennobled and had the right to armorial bearings. It branched off into several lines ; those of Toulonville, Tumeyre, and Worms. The original name was Rosières, which was exchanged for that of Lignéville, when in 1251 Jean de Rosières bartered his salt works with the Duke of Lorraine for the villages of Vivier, Dom-Julien, and Girovilliers.

This family enjoyed the privilege of the earliest nobility, and stood first in the ranks of the illustrious body of the old chivalry of Lorraine, in virtue of their common origin with that of the ducal house.

II.

Saint-Baslemont, Bonneval, La Roche des Apôtres.

A.—Going and returning by Lignéville.

From Vittel to Lignéville	4 kil. —
From Lignéville to Saint-Baslemont	3 „ 500
From Saint-Baslemont to Bonneval	2 „ 500
From Bonneval to La Roche	1 „ 500
Total	11 kil. 500
Same for return journey	11 „ 500
Total	23 kil. —

(Carriages can go no farther than the outskirts of the forest. There is one kilomètre to make on foot. Some sort of conveyance may be had for the provisions.)

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	10 francs.
Carriage, with 2 horses, for 4 persons	15 „
Carriage, with 2 horses, for 8 persons	18 „

B.—*Going and returning by Thuillières.*

From Vittel to Thuillières	9 kil. —
From Thuillières to Saint-Baslemont	2 „ —
From Saint-Baslemont to Bonneval	2 „ 500
From Bonneval to La Roche	1 „ 500
<hr/>	
Total	15 kil. —
Same for return journey	15 „ —
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Total	30 kil. —

C.—*Charge for the Afternoon.*

Carriage, with 1 horse, for 4 persons	10 francs.
Carriage, with 2 horses, for 4 persons	15 „
Carriage, with 2 horses, for 8 persons	18 „

C.—*Going by Saint-Baslemont, and returning by Relanges, the Gorge of la Gabiole, Provenchères, and Lignéville.*

From Vittel to Lignéville	4 kil. —
From Lignéville to Saint-Baslemont	3 „ 500
From Saint-Baslemont to Bonneval	2 „ 500
From Bonneval to La Roche	1 „ 500
From La Roche to Relanges	1 „ 500
From Relanges (by the Gorge of la Gabiole) to Provenchères	5 „ 500
From Provenchères to Lignéville	4 „ 500
From Lignéville to Vittel	4 „ —
<hr/>	
	27 kil. —

N.B.—To complete the excursion there are four kilomètres to walk ; from the entrance of the forest to Bonneval, from

Bonneval to La Roche, and from La Roche to Relanges. The path is through the finest part of the forest.

Invalids wishing to avoid fatigue can remain in the carriage and go to Relanges from the entry of the forest by the high road.

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	. . .	10 francs.
Carriage, with 2 horses, for 4 persons	. . .	15 „
Carriage, with 2 horses, for 8 persons	. . .	18 „

D.—Going by Thuillières, and returning by Relanges, the Gorge of la Gabiole, Provenchères, and Lignéville.

From Vittel to Thuillières	9 kil. —
From Thuillières to Saint-Baslemont	2 „ —
From Saint-Baslemont to Bonneval.	2 „ 500
From Bonneval to La Roche	1 „ 500
From La Roche to Relanges	1 „ 500
From Relanges to Provenchères (by the Gorge of la Gabiole)	5 „ 500
From Provenchères to Lignéville	1 „ 500
From Lignéville to Vittel	4 „ —
Total	30 „ 500

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	. . .	10 francs.
Carriage, with 2 horses, for 4 persons	. . .	15 „
Carriage, with 2 horses, for 8 persons	. . .	18 „

BONNEVAL.

La Belle-Roche or the Roche des Apôtres, Saint-Baslemon.

Route the same as for Chèvre-Roche. Entering the forest of Thuillières pedestrians may follow the path called the *chemin des bourriques* (donkey road). The valley of Chèvre-Roche turns to the left. Take that of Bonneval to the right. It is lovely, cool, and mysteriously shadowy. The cutting leads out on to a charming valley bordered on the south by a thicket of firs “plusieurs fois séculaires,” and watered by the outpour of a copious spring. This is the spot where to make arrangements for déjeuner; under the shade of the fir trees, with the running stream to cool the champagne. At a stone's throw stands a mill, the owner of which will furnish you with butter, eggs, milk, a good dish of fried fish, cider, and if you want shelter from a passing shower, the most hearty welcome.

La Belle-Roche or Roche des Apôtres.—Historians and archæologists will find this excursion interesting from the ruins of the old abbey of the Augustins. The name of the venerated Father Fourier was connected with this establishment. A path cut out in the rock leads for some dis-



LA ROCHE DES APÔTRES.

tance through the forest to the Belle-Roche, upon which a poor mason, named Dominique Plancolaine, some time in the last century, sculptured in a rude, fantastic manner, in accord with the wild surrounding scenery, groups representing the Passion. The figures of the personages are striking from their size, attitudes, and numbers. It is evident that a strong religious sentiment, as much as artistic feeling, inspired this work.

Bonneval.—The Mill of Bonneval stands upon the site of the ancient priory of this name. In 1793 only the choir, the groined roof, and the tower of the church were standing. They were demolished at that time.

Adjoining the Priory of Bonneval stood the castle. Even now its ruins are scattered over a large space of table-land covered with wood, and just above the village of Relanges. There is reason to believe that before the castle this spot was the site of a Gaulish encampment. It may be ranked among those sites which have been defensively occupied by successive races, and upon which rose at one time the barbaric constructions of uncivilised tribes, followed by Roman fortresses and feudal castles.

Saint-Baslemont.—The two great towers of its ancient castle, the church in which are buried the



BONNEVAL

remains of the lords of the place, and the cottages of the people, make this village conspicuous on the top of a high hill. The seigneurs of Saint-Baslemont pretend that there is no possibility of assigning a date to their origin, so far back does it go. They were renowned for their power and bravery, and particularly distinguished themselves during the wars of the seventeenth century. The Swedes besieged their castle in 1635, but being baffled in all their attempts to take it, and furious at their failure, they pillaged the country, burnt the village, and left only five houses standing.

The celebrated heroine of the seventeenth century, Barbe-Alberte d'Ernecourt, was born at the Castle of Neuville, in the Verdunois, in the year 1607, and married Jean de Haraucourt, the head of the noble House of Saint-Baslemont. Following the example of her compatriot Jeanne d'Arc, this brave woman fought valiantly, and often with success, with the bands of Spanish and German adventurers who were the scourge of Lorraine. While her husband was serving under the Duke of Lorraine she alone undertook the defence of his castle. She put herself at the head of her vassals, clothed in mail like a man, proud on her charger, with sword at her side and pistols at the bow of her saddle. One day when she was riding out unattended she

came upon three armed men trying to unharness the cattle of one of her ploughs. She rushed furiously at the robbers, drove them away, and succeeded in rescuing her property. At another time she had the misfortune to be pursued into a room by seventeen of her foes. There her courage did not fail her. She resisted bravely, and at last rid herself of them all. She was always the leader of an assault. An officer once proposed to fight her hand to hand. She accepted the challenge, went to the appointment on foot, and there found her opponent fully equipped, and wheeling about on his charger with all his magnificent housings. At sight of her he dismounted. She saluted him courteously, leaped on his horse, and saying, "An honest woman never fights duels," started off at full gallop amid the shouts and laughter of the standers by, and before he had recovered from his stupefaction, disappeared.

There is another route for the return home by Monthureux-le-Sec and Valleroy. Between these two villages you leave on your right the Château de Gresil, about which there was at one time an important lawsuit.

III.

FIRST ROUTE.

LE CHÊNE DES PARTISANS—LE CHENE HENRI— LE CHÊNE CHARLES X.

*Going by Contrexéville, Suriauville, Crainvilliers, La Rouillie,
La Vacheresse.*

From Vittel to Contrexéville	5 kil. 500
From Contrexéville to Suriauville	3 „ —
From Suriauville to Crainvilliers	4 „ —
From Crainvilliers to La Rouillie	2 „ 500
From La Rouillie to La Vacheresse	1 „ 500
	<hr/>
	16 kil. 500
Same for return journey	16 „ 500
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Total	33 „ 500

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	12 francs.
Carriage, with 2 horses, for 4 persons	16 „
Carriage, with 2 horses, for 8 persons	20 „

SECOND ROUTE.

LE CHÊNE DES PARTISANS—LE CHÊNE HENRI— LE CHÊNE CHARLES X—SAINT OUEN—LES-PAREY.

From Vittel to Contrexéville	5 kil. 500
From Contrexéville to Suriauville	3 „ —
From Suriauville to Crainvilliers	4 „ —
From Crainvilliers to La Rouillie	2 „ 500
From La Rouillie to La Vacheresse	1 „ 500
From La Vacheresse to Saint-Ouen	5 „ —
From Saint-Ouen to Bulgnéville	6 „ —
From Bulgnéville to Contrexéville	5 „ 500
From Contrexéville to Vittel	5 „ 500
Total	38 kil. 500

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	14 francs.
Carriage, with 2 horses, for 4 persons	18 „
Carriage, with 2 horses, for 8 persons	22 „

CHÊNE DES PARTISANS—CHÊNE HENRI—CHÊNE CHARLES X.—SAINT OUEN—BULGNÉVILLE.

After Contrexéville and Suriauville comes the village of Crainvilliers, where there is an industrious population of workers in metal. Near by is a coal mine which in 1845 yielded annually more than 2,000,000 of kilogrammes of coal. This about supplied the demands of the Departments of the Vosges and of Haute-Marne.

Chêne des Partisans.—The Oak of the Confederates is on the borders of the forest, near the village of La Vacheresse. It is a gigantic tree, remarkable alike for its spread, its height, and its flourishing vegetation. The stem at its base has thirteen mètres in circumference. The branches rise to a height of twenty-three mètres, and cover a surface of thirty-three mètres. It seems to mount above all the surrounding trees, and covers some of them with its long and rugged branches. It got the name of Chêne des Partisans because it was under its vast shade that the Confederates of Lorraine met together, during the siege of La Mothe, to consult about the means of ransoming the villages in the power of the King, and harassing his army. This giant of the forest was even then remarkable for its development, and has been growing for 150 years. Now, therefore, it is nearly 400 years old. Here and there are a few marks of decay, but time has not diminished its enormous height, and it cannot fail to be an object of admiration to all who see it.

Chênes Henri et Charles X.—There are two other oak trees in this forest, finer perhaps than the Oak of the Partisans. One is called the Chêne Henri, the other the Chêne Charles X.

Saint-Ouen-les-Parey.—This is the largest village

in the Canton of Bulgnéville. The population amounts to 1200 persons. It is said to have been founded by Sainte Ode, wife of Saint Arnoulde and mother of Saint Arnould; both of these saints were in succession Bishop of Metz. The reliques of Sainte Ode are shown in the parish church. Ode had been an inmate of the Convent at Remiremont, and the figure on the tomb is represented as dressed in the habit of a Benedictine.

Saint-Ouen was formerly in the same unfortunate condition as many other villages. It was the property of several proprietors. The people were overburdened and crushed down by the rents exacted of them. They were kept in servitude, had to give day labour in the *corvées*, to pay dues to the seigneurs, were subject to a poll-tax, and liable to many other impositions. The children were disposed of according to the will of the lord, and if any of them wished to enter the priesthood he had to obtain the lord's sanction. In the fifteenth century, however, the seigneurs showed a disposition to be less exorbitant, to make the life of the people more tolerable, by giving them the same privileges as those granted by the barons to the inhabitants of Bulgnéville. The Duke René II did all in his power to favour the emancipation of his subjects in the Duchy. In 1490 he confirmed a charter, granted to the people

of Saint-Ouen, by which their liberty and privileges were assured.

One of the heroes of the Empire, who served in its armies, was born at Saint Ouen. When seventeen years old François Baptiste was already in the ranks. He was made corporal on the field of battle at Eylau. Records show that he was engaged in the successive campaigns of Russia, Poland, Spain, and Saxony. At the siege of Saragossa he was struck by a musket ball. He was the first to raise the French standard on the walls of Lerida, after having had a lance wound on the head, another on the right arm, and a bayonet thrust, which drove out three of his teeth. He was raised to the rank of officer and decorated. The Emperor gave him a dotation of 500 francs. At the siege of Tarra-gona, Serjeant-Major Baptiste received a ball in the shoulder, for which Marshal Suchet ordered him a compensation of 500 francs. Again, he was wounded at Lutzen, at Bautzen, and at Dresden. His left arm was broken at Leipsic, and at last he got the brevet of the Legion of Honour.

The war of 1814 gave him a fresh occasion to serve his country, and maintain the honour of the flag of France. Two bayonet wounds were his lot at Brienne. It was he who shut the gates at Namur in face of fire from rifles and mitrailleuses.

The keys of the town are kept as a glorious memorial by his family.

On the 9th September, 1815, the non-commissioned Adjutant Baptiste was discharged by the Government. But on the 17th May, 1817, we find him again serjeant-major in the legion Hohenlohen. His courageous conduct during the troubles at Lyons, in 1822, caused his elevation to the rank of sub-lieutenant standard-bearer, in the 20th regiment of the line. He went through the campaigns of Spain and Africa, and in 1835 became captain. After devoting so many years to the service of his country he took his well-deserved retreat. He died at Nancy in the year 1861, at the age of seventy-three. In Captain Baptiste we have the type of the great bulk of the Vosgian soldiers, who stood so high in the estimation of Napoleon. The 9th Light Horse was almost entirely made up of them. This regiment, on so many occasions, performed such glorious and important feats, that the Emperor always spoke of it as the *Incomparable*.

The excellent workshop of M. Bailly, for the making of different descriptions of furniture, will be worth a visit when passing through Saint-Ouen. The road from Saint-Ouen to Bulgnéville gives a view of the château of Saulxures.

Bulgnéville : Its battle-field.—The illustrious House of Beaufremont was, at a very early period, in possession of the barony, with the town of Bulgnéville. In the fourteenth century it passed over to the House of du Châtelet, and in the seventeenth century to that of Gustave Dessoles. The Duke Léopold changed the barony into an earldom and afterwards into a marquisate. The importance of this marquisate is seen in that it comprised no less than thirteen villages. On its boundaries it touched at various points the lordly lands of Beaufremont, du Châtelet, de Deully, de Vauvillard, and La Fauche. Every one of these baronies was protected by a fortified castle flanked by high towers on which were raised the signals employed in time of war. In 1780, some ruins of the tower of Bulgnéville were still standing about a kilomètre distant from the town. The tower went by the name of *La Tour Géant*. As its name implies, it was loftier and larger than any others in the neighbourhood.

One of the most memorable battles of the fifteenth century was fought near to Bulgnéville by Antoine, Count of Vaudémont, against René I."

Barbazan led the advanced guard of Lorraine. The Duke and his nobles took charge of the main

body of the troops, and the Count of Commercy commanded the reserves.

There was a furious rush towards the camp of the enemy, Barbazan crying out, "In God's name, let us force the barrier. Sound the charge." He rushed impetuously forward to make his attack upon the army of Antoine. But the horses of the assailants could not clear the ditches. Barbazan and 2000 of his men were thrown into confusion. The Burgundy men fell savagely upon them, killing and taking prisoners in large numbers. Seeing how the advanced guard was thoroughly routed, Commercy and Thuillières took fright and fled instead of hasting to the rescue. At the head of the bridge which now bears his name Barbazan received a mortal wound. He was attempting to dispute the passage while the wreck of his army were seeking refuge in the forest.

Réné gave himself up to the Burgundians, asking for mercy and his life, and offering to pay a large ransom. And in truth they asked for no small sum. Philippe III fixed it at a million of florins. This was paid by Lorraine, and he appropriated two thirds of it as his portion. The captivity of Réné lasted five years. He was confined part of the time at Dijon and afterwards in the castle of Bracon in the Jura. This Duchy was left to him, but this he afterwards gave up for the throne of Sicily.

The versifiers of the time made up a sort of lament over the battle of Bulgnéville, in which are these lines :—

“ Mais chacun devait bien maudire,
Ceux qui lâchement s'enfuire,
Car pour eux endurens grand'peine
En Barrois et en Lorraine.”

Five and forty years after this calamity, in 1475, Bulgnéville fell into the hands of the Burgundians. They did not, however, keep it long, for the people of Lorraine made a great effort and wrested it from them.

The old chroniclers say that in 1476 the Bastard of Bulgnéville, who was governor of the town, played some of the Burgundian soldiers encamped in the neighbourhood an ugly trick. With a few of his most trustworthy men he made a sortie. Taking with him the Cross of Saint André he made his way towards the camp of the Duke, and on the road met a party of Burgundians, who, thinking that they had fallen in with comrades coming from the town of Neufchâteau, where they were in garrison, joined company. The governor amused them by saying that not far off there was an undefended town which they might easily overpower if they would follow him. Suspecting

nothing they agreed. Laughing in his sleeve, the captain led them to Bulgnéville, made them enter, and at once told them that they were all prisoners.

At the end of the last century a memorial of the unfortunate battle of Bulgnéville was still partly standing between the villages of Saulxures and Vaudoncourt, on the spot where it was fought. The good knight Barbazan, in the fulfilment of some vow, had built a chapel of which none of the ruins are now left.

The name of this patriotic soldier has been kept in fresh and grateful remembrance among the people of Lorraine by associating it with the battle-field and the bridge where he received the wound of which he died a year afterwards.

IV.

LORIMA.

From Vittel to Haréville	4 kil. 500
From Haréville to Lorima	2 „ —
	6 kil. 500
Return the same	6 „ 500
Total	13 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	7 francs.
Carriage, with 2 horses, for 4 persons	10 „
Carriage, with 2 horses, for 8 persons	14 „

MONTFORT.

From Vittel to Haréville	4 kil. 500
From Haréville to Laneuveville	3 „ —
From Laneneuveville to Monfort	1 „ —
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	8 kil. 500
Return the same	8 „ 500
	<hr/>
Total	17 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons	7 francs.
Carriage, with 2 horses, for 4 persons	10 „
Carriage, with 2 horses, for 8 persons	14 „

HARÉVILLE—LORIMA—MONTFORT—LANEUVEVILLE—
REMONCOURT.

This is an easy excursion, for no point is very far from the establishment.

Haréville.—There is nothing remarkable in this village, which is the first we come to. It had formerly a Benedictine priory. The memory of Saint Ferreol and Saint Ferju, both of whom lost their lives as martyrs at Besançon, is held in great veneration by the people. The statues of these saints formerly ornamented the fountains.

Lorima.—Passing Haréville the road goes through the forest of Maximois, up a steep ascent among the vines of Laneuveville, and so gains the

spot called the "point of view of Lorima." If the footpath be preferred, it will be found passing through the vine road into the forest. It is, in fact, no other than the old Roman road, and it makes an agreeable walk of about three kilomètres through the wood, with now and then a view opened up over the vast plains which spread out in the distance.

From the point of view of Lorima the blue lines of the Vosges mountains may be clearly seen, with Belfort, and its two fortified heights, to the right. Then, still more in the distance, come the Honeck, Gérardmer, le Ballon d'Alsace, le Col de Bonhomme, la Grosse Pierre, le Champ de Feu, le Donon, l'Ormont, &c. ; and in the foreground of this lovely scene the wide fertile valleys of the Vosges studded with their many forests. Close at hand is the line of the Faucilles. Below in the valley wander the affluents of the three great rivers of the East of France ; the Meuse, the Moselle, and the Saône. Numberless villages, sometimes half hidden in the luxuriant foliage, sometimes almost buried in the deep valleys, sometimes perched on the flank of a hill, give life and brightness to this lovely scene.

New milk can always be had at the farmhouse of Lorima.

Montfort.—Opposite to Lorima is the hill of Montfort, its sides covered with flourishing vineyards. This hill is in sight from all parts of the canton of Vittel. One point in its history is, that it was chosen by Cassini as one of his stations when making his survey for the map of France. It is long since the town and its crown of fortifications have disappeared. From it you may get a view of a crowd of villages, many of which have added its name to theirs. Among them are La Neuveville-sous-Montfort, They-sous-Montfort, Donèvre-sous-Montfort, Girovillers-sous-Montfort, Parey-sous-Montfort, all sheltered by its verdant slopes, which produce a great part of those Lorraine wines, sometimes red, sometimes white, sometimes a pale grey, but always clear, light, pleasant to drink, and the delight of the natives.

La Neuveville-sous-Montfort.—There is in this little village, as in many others in this locality, a spring of mineral water copious enough to form the rivulet of Noles. This takes a wandering course, and at last falls into the river Mador. The village has its own scrap of history as well founded as most others.

Tradition would have us believe that between La Neuveville and Remoncourt there stood in ancient times a town which has entirely vanished. Some

give it the name of Sugène, others call it Buron. But no one can enlighten us as to the date of its foundation, the race of people who built it, the length of time it lasted, its importance, or the causes of its destruction. The one fact well established is that the people of Neuveville used what they could find of its remains as the material for their houses. For this reason they have named their new town Neuveville.

Tradition, however, does not stop at this point ; it goes on to say that there was fought here one of those decisive battles which fix the fate of a country. In ploughing the land the men have frequently turned up fragments of helmets, spears, arrows, and ancient spurs. Making further research the explorers came upon some stone tombs, in which were lying skeletons with complete armour, and in other places bones of horses and vessels of Roman pottery. This battle was, no doubt, one in which the barbarians gained a victory over the Roman troops, and took possession of the town of Sugène. This they probably pillaged and destroyed. There is a pathway leading from La Neuveville to Remoncourt, which is known as the *Voie de Sugène*, a memorial, as it would seem, of the former town.

Remoncourt.—This village lies most advantageously in a very fertile plain. The great road from

Nancy to Bourbonne-les-Bains runs through its whole length. The population, about 1200, is all well occupied either in agriculture, commerce, or factory work. The women make lace and embroidery, which fetches a high price in the province. The farm premises of Schumberg have for many years been used as a work-place, where more than a hundred skilled needlewomen are constantly employed in this difficult occupation. The trade in grain, wine, oil, beer, gypsum, cut and rough stone, and cattle, as well as the fairs, keep the place in regular activity, and do much for the prosperity of the inhabitants.

There is also a spring of mineral water, but this is not frequented.

Remoncourt is not without a few historical notes. The Roman road from Langres to Strasbourg passed through it, and we can trace the line by the broken curb made of tiles.

More than twelve centuries ago, Romulphe, father of Saint Romarie, and her mother Romulinde were buried here. The tomb was for a long series of years a place of prayer for the inhabitants.

The town and fort of Montfort were dependencies of the parish of Remoncourt. One of the most eloquent preachers of his day, and who died at Toul in 1545, was born here.

In 1830, a great number of human bones were discovered, slightly covered by the soil. They were the remains of Swedish soldiers, killed in a battle which they fought and lost at Remoncourt, after a terrible slaughter.

Even so late as 1720 Remoncourt was the seat of a royal jurisdiction, the power of whose provost extended over a wide extent of country.

V.

LA HUTTE—LA PLANCHOTTE.

From Vittel to Darney, either by Thuillières or	
Provenchères	18 kil. —
From Darney to La Hutte	6 „ —
From La Hutte to La Planchotte	2 „ 500
Return to Darney the same	} 26 „ 500
From Darney to Vittel, either by Provenchères	
or Thuillières	
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Total	53 kil. —

Charge for the Day.

Carriage, with 1 horse, for 4 persons	20 francs.
Carriage, with 2 horses, for 4 persons	25 „
Carriage, with 2 horses, for 8 persons	30 „

Darney—La Hutte—La Planchotte.

Some fine morning, when your spirits are light, and you find an excursion fit upon you, make haste

to swallow your last glass of water at 9 o'clock exactly, and take to your carriage, having previously ordered the maître d'hôtel to prepare you a substantial cold déjeuner. Drive off to the valleys of La Hutte and La Planchotte. The route is through Darney, which you already know, passing by Chèvre-Roche, Saint Antoine, and the towers of Seychelles. Ten minutes after leaving the forest bring you to Darney. This is a pretty little town, with the first streamlet of the river Saône running through it. The source of this river is about six kilomètres to the north-east. Leaving Darney, the road takes you by the *calvaire* of the celebrated Gerdol. You again enter the great beech forests, and for about five kilomètres can enjoy the shade of these trees.

La Hutte is merely a group of factories at the end of a narrow valley, studded with lakes, of which the waters flow into one of the tributaries of the Saône.

You will find in one or other of these lakes a convenient shady spot, where you can sit down to your déjeuner. If you have a liking for fried fish, make use of your tackle, and at the little inn close by, the people will fry your fish for you. After a rest, you may follow the valley and visit La Planchotte.

Darney.—*Daren-Haye* (entry of the forest), the Celtic origin of the name Darney points out, clearly enough, the situation of the town, in the vicinity of a wood. It stands on the opposite side of a hill, which overlooks the stream of the Saône; soon after it emerges from the forest of Vioménil, where it has its origin. A portion of the ancient citadel, preserved with great care, is used as the Hôtel de Ville. The church is remarkable for the purity of the style of its architecture. Spacious magazines in the town serve to store the produce of all the surrounding country. Every day sees the tasteful restoration of its time-worn houses, and the removal of all the unsightly traces of decay.

According to Dom Calmet, Thiébaud, Duke of Lorraine, took a great liking to Darney, and fixed his residence there. He built a little chapel of Saracenic architecture in the castle, and founded a college of thirteen secular canons, endowing it, among other advantages, with an income of two hundred pounds (Trèves), and all his possessions at Attigny. This was another town near at hand, and with it he gave men, women, rent, and all dues coming to him as lord. He only retained three free and independent *arbalestriers* (cross-bow men or archers) that he kept for his own service.

The Duke Ferry IV, in 1316, gave Darney to

his brother, the Prince Matthieu. It was attacked by the *Écorcheurs* on the 8th of October, 1443. They took possession of the fortress which the Duke René, the prisoner of Bulgnéville, had given to the Duke of Burgundy as security for his ransom. It is well known that these *Écorcheurs*, otherwise called Armagnacs, were soldiers belonging to Charles VII. This king, at the instigation of René, had sent them to Darney, where the Bastard of Vergy held the post of governor for his master Charles le Téméraire. During the following year the Bastard of Thuillières retook the place, and made of it a haunt from which he sallied, time after time, to devastate the country. In the end, Charles VII and René united their forces and compelled him to surrender at discretion. It is related that when the French soldiers were eager to use their war-rights and pillage the town at their ease, the French king held them back, saying that "Darney belonged to the King René, his cousin, and he would not permit anyone either to displease or to injure him."

In 1463 René made a treaty of alliance with the Duke of Burgundy, and placed several towns of the Duchy in his hands. Darney was among them as a pledge of his sincerity in regard to his engagements. A few years after he retook possession of

it, but in 1476 the Duke Charles again seized it for himself. Darney was occupied by the French in 1639. They at once took down the greater part of the citadel.

The town of Darney not only had the protection of its castle, but was surrounded by a strong wall flanked with many towers. From them it got to be called Darney of the thirty towers. There were also two strongly fortified gates, the upper and the lower gate, with wide, deep ditches, now turned into pleasure- and kitchen-gardens. The river Saône and the small stream of Relanges were also made use of as a means of defence.

There was a legend of a mysterious valley between Darney and Attigny, watered by the Saône and well wooded. By night it was the resort of evil spirits. This nocturnal elysium was entered by the dreaded grotto of Patey. The devils came in guise of winged dragons. Sparkling fires marked their flight through the air and lightened up their hideous faces, their glaring eyes, their yawning throats, and their murderous claws. Everyone fled at the sight of them. No one dare approach their haunts, so it could never be known what passed in their assemblies. But their noisy Satanic laughter, which lasted all through the

darkness, was always the precursor of the calamities which befel the country.

The making of glass requires a large consumption of wood, and many years ago those who worked at it were fortunate in being able to settle at Darney, and open a number of factories. The Dukes of Lorraine gave them encouragement and assistance as far as it was in their power. One of them, Jean de Calabre, in 1448, in consideration of the renown and benefits which this industry gave to the province, issued to the leading manufacturers a charter called "the Glass-founders' Charter," which gave them great privileges.

It exempted them from the duties of *Ost*, of *Giste*, and of *Chevaulchei*,* to which even the nobility were subject. The sale of the glass turned out from their workshops had an exemption from all duties throughout the whole Duchy. Concessions of panage, maronnage, and of chauffage in the ducal forests helped their operations. On the

* *Droit d'ost*.—Obligation of the vassal to go with his lord during war, either personally or by substitute, or to pay a contribution towards the expenses of carrying it on.

Droit de giste.—Obligation to lodge the sovereign, and to defray the expenses of all his suite.

Droit de chevauchée.—Obligation to give service on horseback in defence of the lord, in his private wars.

simple condition that they should do as little mischief as possible they were permitted to cut in the same forests all the wood wanted in the factories. They enjoyed the rights of hunting and fishing. Better off in this respect than the nobles, who could not carry their sports beyond the bounds of their own lands, the *verriers* were allowed to take game when and where they pleased in the woods of the prince, and to use their nets in all the rivers and streams of the district. All these privileges, well fitted to rouse the jealousy of the lords, were accorded not only to the masters, but to their work-people. A small annual payment of six *petit florins* or twelve *gros* secured them the power to hand down to their heirs and successors all these rights.

The charter of the Duke Jean put the *verriers* on a level with the hereditary nobles, and conferred on them rights which otherwise only belonged to noble families of noble descent. They came to be distinguished in the country by the title of "gentlemen glass-makers." The first of these families bore the names of d'Hennezel, Finance, and of Bonnay, whose descendants are still among the population.

Of course, the old nobility affected to look down upon them, and considered the "gentlemen glass-men" as a class apart.

If at any time the enjoyment of these extraordinary privileges, and the riches which the exercise of their trade gave them, brought out any little demonstration of pride, it was soon suppressed by the sound of the by-names of *glass-blower*, *bottle-blower*, which brought to mind that they were after all no more than mechanics. There is a story that when Henri IV was on his journey to Metz in 1603, seeing the *gentilhommes verriers* of the forest of Argonne hastening to station themselves on the Bridge of Biesme to salute him as he passed, he asked who they could be? His reply to the postillion who told him that they must be glass-blowers was, “Eh, bien ! dis-leur de souffler au cul de tes chevaux pour aller plus vite.”

VI.

DOMRÉMY-LA-PUCELLE.

A.—By Railway.

From Vittel to Mirecourt	24 kil. —
From Mirecourt to Neufchâteau	46 „ —

By Road.

From Neufchateau to Domrémy-la-Pucelle	10 „ —
Total	80 kil. —
Return the same	80 „ —
Total	160 kil. —

B.—*By Road.*

From Vittel to Neufchâteau, by Houécourt	}	32 kil. —
Châtenois		
Rouvres-la-Chetive		
L'Etanche	}	10 „ —
From Neufchâteau to Domrémy-la-Pucelle		
		42 kil. —
Return the same		42 „ —
Total		84 kil. —

Return.

From Domrémy to Coussey	4 kil. —
From Coussey to Soulosse	4 „ —
From Soulosse to Attignéville	6 „ —
From Attignéville to Dollaincourt	5 „ 500
From Dollaincourt to Châtenois	4 „ —
From Châtenois to Houécourt	4 „ 500
From Houécourt to Vittel	14 „ —
Total	42 kil. —

Charge for the Day.

Carriage, with 1 horse, for 4 persons	30 francs.
Carriage, with 2 horses, for 4 or 8 persons	40 „

La Mothe—Domrémy-la-Pucelle.

When between two seasons, or two half seasons, your doctor has suspended your treatment and given you a few days' respite, take advantage of his considerateness and the time you have at command

to set off for Domrémy, the native village of Jeanne d'Arc.

By making a slight detour you may visit the ruins of La Mothe, the old Lorraine fortress.

La Mothe.—Beside the main road which runs between La Marche and Neufchâteau, opposite the village of Soulaucourt, stands the historic mountain once graced by the heroic town of La Mothe, known as among the most formidable bulwarks of Lorraine.

We cannot in this small work repeat the history of all the misfortunes that are related of this ill-fated town. The chief events of the last siege, which ended in its downfall, are all that we can find space for.

The Italian general Magalotti was charged by Mazarin to direct the operations. He reached the place on the 6th of December, 1644. The brave Cliquot was commandant of the place. He had every reason to rely upon the fidelity and devotion of his men and the citizens. In May, 1645, Magalotti opened the trenches. Cliquot put no obstacles in his way, because, as he said, "We shall so be able to grapple with the enemy all the sooner."

The assailants blew up the bastion of Sainte Barbe, and made a breach large enough for a successful attack. Magalotti was killed at the outset.

The assault was put off. Cliquot at once decided to repair the battered walls, and made every preparation to resist energetically the Marquis of Villeroi and the young Prince de Condé. The town was violently attacked and valiantly defended. But every day the losses were renewed. Against his will Cliquot found himself obliged to ask leave to capitulate. Honorable conditions were proposed, and he accepted them. He left the town with the fragment of his forces some time in the month of July, 1645.

In violation of the stipulated conditions, France not only demolished the fortifications of La Mothe, but went so far as to pull down all the houses. She also insisted upon the townspeople and villagers of Lorraine doing this work of destruction themselves, under a threat of confiscation and military occupation. La Mothe was thenceforth levelled with the ground. The inhabitants took refuge in the surrounding villages, carrying with them all their cherished and valuable possessions. The mountain made illustrious by so many heroic exploits, and ceasing to be the cradle of a brave race of people, covered with the renowned ruins, fell into the calm and silence of a vast tomb.

Domrémy la Pucelle.—The poor cottage in which Jeanne d'Arc was born still stands at Domrémy.

The arms of the family are sculptured on the supports of the outer door. On one side is a scutcheon with three ploughshares, on the other a sword supporting a crown with three fleurs-de-lys. The inscription, *Vive Labeur*, with the date 1481, is placed above the door. The whole is surmounted with a statue of Jeanne d'Arc, evidently a work of art of that period.

The sight of that rustic house, with its both glorious and sorrowful memories, makes a powerful impression on the mind, and leaves it under the influence of mournful impressions. All the life of the heroine passes through the memory. She is born and reaches girlhood in that dim chamber, darkened by time. We see her leading her flock into the fields of Domrémy, sitting under the tree of the fairies, praying in the Chapel of Sainte Marie, and listening to those mysterious voices out of which she gathers up the bidding for her holy and patriotic mission. We see her full of enthusiasm, hope, and resolution, quit her home, and go with the Sire de Baudricourt to join her king, Charles VII, arm herself with the sword of Fierbois, raise on high the royal banner, put herself at the head of the French army, repulse the English, deliver Orleans, and accompany the king to his crowning in the Cathedral of Rheims. The imaginary



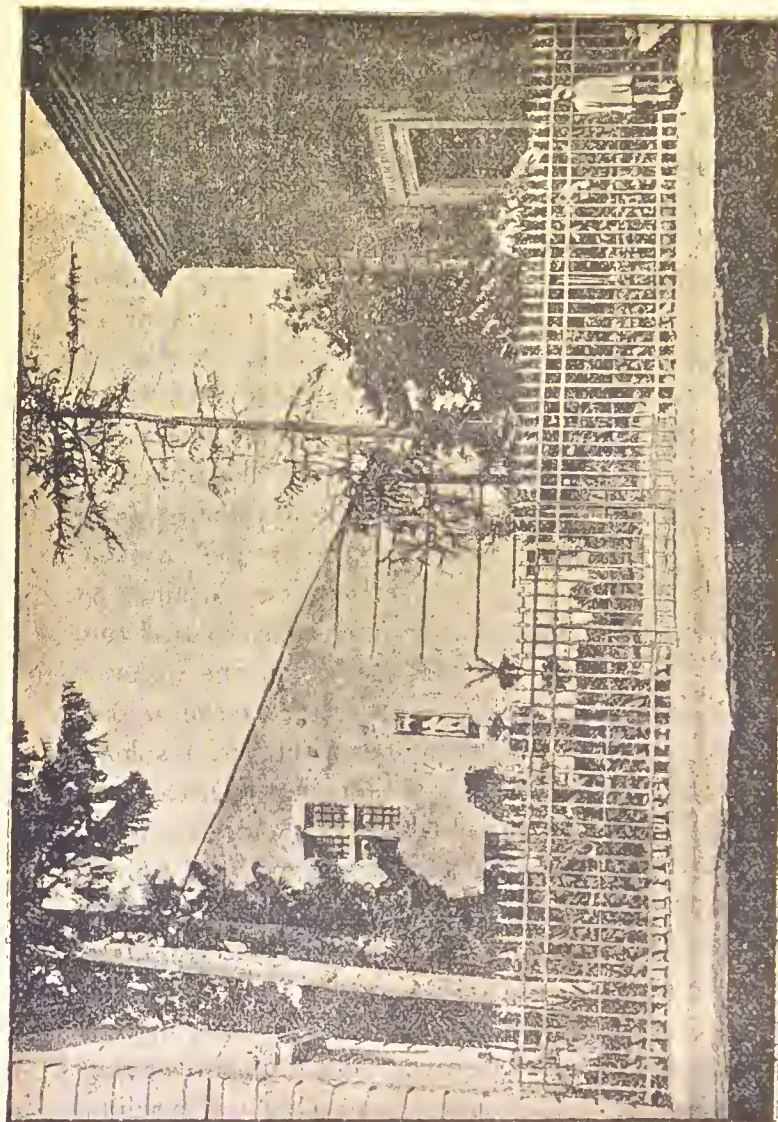
1. The first part of the paper discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the success of any business or organization. The author provides a detailed overview of the various methods used to collect and analyze data, highlighting the strengths and weaknesses of each approach. The text is written in a clear, concise style, making it accessible to a wide range of readers.

2. The second part of the paper focuses on the practical application of these methods. It provides a step-by-step guide to implementing the various techniques discussed in the first part. The author includes numerous examples and case studies to illustrate the effectiveness of the proposed methods. The text is well-organized and easy to follow, providing a valuable resource for anyone interested in improving their data management practices.

3. The third part of the paper discusses the future of data management. It explores the latest trends and technologies in the field, and offers insights into the challenges and opportunities that lie ahead. The author provides a comprehensive overview of the current state of the field, and offers a vision for the future. The text is thought-provoking and inspiring, providing a valuable perspective on the future of data management.

scene changes, and she appears a prisoner in the hands of the enemy, is brought before the most unjust of tribunals, resignedly submits to the most revolting of sentences, and is made to mount the pile at Rouen to be burnt as a sorceress, without a single movement on the part of her king to save her.

The Department of the Vosges has bought the house of Jeanne d'Arc. It looks to its preservation with the greatest care. It is placed under the charge of the sisters who teach in the parish school for girls. At one time it had passed into the hands of an old soldier, named Gérardin, distantly related to the family of La Pucelle. It is said that after the invasion of 1814, some Englishman offered him an enormous price for the poor cottage of Jeanne d'Arc, and, according to the French version of the affair, with the intention of pulling it down, as soon as he had possession of it, so as to get rid of so objectionable a souvenir of the shame of England. Though poor and in distress Gérardin would not listen to the terms, and kept this honoured cabin for his country. Louis XVIII recognised this act of disinterested patriotism, named him Chevalier of the Legion d'Honneur, and, to put him at ease for the rest of his life, gave him an appointment as forest ranger.



THE HOUSE OF JOAN OF ARC.

Need it be said that the house of Jeanne d'Arc is incessantly visited by travellers from all countries, and of every condition. The traditional register, kept by the sisters of the school, bears signatures the most august, illustrious names, touching lines, the most happy phrases, and, above all, a brilliant improvisation by Eugène de Pradel, in honour of the virgin of Domrémy.

The martyrdom of Jeanne has inspired all the arts, poetry, and music, and is everywhere celebrated by public monuments. The village of Domrémy itself has many memorials. Among them, as a masterpiece, stands the statue, sculptured by the Princess Marie d'Orleans, which has attained a popularity in France almost as great as that of the name of her of whom it represents the figure. The town of Remiremont has also received from King Louis Philippe, as a memorial gift, a splendid painting, in which La Pucelle d'Orleans is depicted as she appeared before her judges. It is placed in one of the saloons of the ancient Abbey of Remiremont.

Over the altar, in the Chapel of the Virgin in the Church of Domrémy, the coat of arms of Jeanne d'Arc appears, supported by two angels. They are also repeated in the same edifice over the tomb of the brothers Jacob and Didier Tierselin.

They died towards the end of the fourteenth century. Their mother was godmother to Jeanne, and they were questioned as witnesses in the proceedings undertaken to restore the reputation of La Pucelle.

VII.

LA CHÂTEAU DE HOUÉCOURT.

From Vittel to Saint-Remimont . . .	6 kil. 500
From Saint-Remimont to Belmont . . .	1 „ 500
From Belmont to Dombrot-sur-Vair . . .	2 „ —
From Dombrot-sur-Vair to Houécourt . . .	4 „ 500
	<hr/>
	14 kil. 500
Same for return	14 „ 500
	<hr/>
Total	29 kil. —

Charge for the Afternoon.

Carriage, with 1 horse, for 4 persons . . .	12 francs.
Carriage, with 2 horses, for 4 persons . . .	16 „
Carriage, with 2 horses, for 8 persons . . .	20 „

Les Houillères—Le Château du Houécourt—Chatenois.

Les Houillères.—The coal pits of Norroy and Mandres are worth a passing visit by mineralogists.

Houécourt.—This place, which was originally a barony, was made a comté on the 20th June, 1719, in favour of the Count Melchior de Lignéville,

Marshal of Lorraine. In 1721 it became a marquisate. The castle has every mark of great antiquity. When the Swedes sacked the village they all but destroyed the castle. Many years passed before it was repaired. The construction is very simple. Its immense size and the four square towers are characteristic of the feudal style of building. It is entirely surrounded with an outer wall, with turrets, one of which was used as the prison.

It stands on a cheerful spot from which there is a view over the wide and rich meadow lands of Vervaux. The waters of the Vair follow the line of its enclosure. Winding paths lead through a pretty shrubbery up to the principal entrance. On one side an avenue of elm trees gives shade and freshness, on the other stands a venerable lime tree which we may fancy has been witness of all the vicissitudes of the place.

The castle of Houécourt has been the residence of a succession of great personages. For many years it has been the property of the family of Lignéville, now one of the great French houses, and formerly among the strongest upholders of the throne of Lorraine. Till recently it was the chosen abode of one of our oldest nobles, M. le Duc de Choiseul-Stainville. He died not long ago.

Permission to visit the castle is always readily

granted, and a few hours may be pleasantly spent in its shady retreats.

Châtenois.—Part of the town of Châtenois is built upon the flat, over which runs the great road from Mirecourt to Neufchâteau ; the other part, called the high-town, on the side of a steep and difficult hill. Gérard d'Alsace, the first hereditary Duke of Lorraine, had a castle here, which was a favourite residence both with him and his successors, the dukes Thierry and Matthieu.

Near to the castle is the priory, founded in 1069 by the Princess Hadwide de Namur, one of the race of Charlemagne, and wife of Gérard d'Alsace. She gave it to Saint Robert, Abbot of Moslesme. The fondest wish of this princess was that, after death, the remains of herself, her husband, and all her children should rest under the arcades of the cloister. But she alone had Christian burial there. Gérard and his sons died far away from Châtenois.

In 1815 the then Emperor of Austria, who was a scion of the noble stock of Lorraine, of which Gérard was the head, had a desire to remove the remains of the Duchess to Vienna. By means of this inscription it was easy to recognise the tomb, and the Emperor's wish was carried out.

VIII.

MATTAINCOURT—MIRECOURT.

From Vittel to Mattaincourt, by Haréville,	
Remoncourt, Hymont, Mattaincourt	. 21 kil. —
From Mattaincourt to Mirecourt	. . . 2 „ —

Total . . . 23 kil. —

Same for return (or by rail).

Charge for the Day.

Carriage, with 1 horse, for 4 persons	. . 16 francs.
Carriage, with 2 horses, for 4 persons	. . 20 „
Carriage, with 2 horses, for 8 persons	. . 25 „

Mattaincourt.

The “religious pilgrimage” to Mattaincourt should follow the “patriotic pilgrimage” to Domrémy. Delightful journey through the low country, passing Haréville, Laneuveville, Remoncourt, Bazoilles, Hymont: takes up about three quarters of an hour.

Le Chevalier des Baumes. — On the Mattaincourt road, between Rozerottes and the farm of Schamberg, is the wood of Baumes. There is a legend connected with it something like that of the Wandering Jew. The Chevalier Jean des Baumes lived some time in the twelfth century, and was an indefatigable hunter. His passion for the sport was such that he gave up to it all his time, never thinking of God, and not even ceasing on the

Sunday. He lived in a cave in the forest, and this is still shown. A terrible punishment was inflicted upon him, for he was condemned to hunt everlastingly without ever reaching the game that he followed. He lives and hunts still, has never quitted the forest of Baumes, but is invisible. Only at night his voice is sometimes heard exciting his huntsmen and hounds.

On the rising ground of Rozerottes are traces of the Roman road from Langres to Strasbourg.

According to an old and grotesque custom the Mayor of Rozerottes has the right of pasturage in all the grazing grounds of the commune for a mare with her foal. But when the high justices of Ravenel come to sit at Rozerottes he is obliged to entertain them at his house with *feu sans fumée, chandelle sans suif, et femme sans gronde*.

Mirecourt.—This is a little town of lace and violins. It seems to sleep in the midst of a plain, bathed by the sluggish and slimy waters of the Madon. But it is not destitute of attractions. It has gardens tastefully laid out, embellished with arbours, châlets, trees, and flowers. In them the resident families take their pleasure. Near at hand are hills covered with flourishing vines, fields and meadows loaded with rich crops, and at a little distance the freshness and shade of the forests are

another source of pleasure for the six thousand dwellers in the town. The origin of the name of Mirecourt has been an etymological puzzle. It has mostly been said that the town was originally dedicated to Mercury, the winged son of Jupiter. But there is nowhere any vestige of temple or monument which can give colour to the supposition that the god of thieves and merchants ever had anything to do with the place. Moreover, Mirecourt made its appearance long after mythological divinations had lost their hold on the people, and it is reasonable to suppose that not one of the founders of Mirecourt would have consented to put the new town under the protection of a god out of fashion.

For many years the inhabitants of Neufchâteau have had the by-name of *Jacques*, and the inhabitants of Mirecourt that of *Hocheculs*. Neither the one set nor the other seems to take the matter much to heart. Thierriat gives in his peculiar way an explanation of these nicknames :

“ Advint,” he says, “ que ceux de Neufchâteau eurent nom de *Jacques* (geais, jay) de ce que iceux aprivoisoient chez eux des oysels qui avoient même nom, comme il advint céant (à Mirecourt) qu’on nous donne surnom de Hocheculs (bergeronnettes, wag-tail), pourquoi cet oysel est tant vulgaire, que les bords du Madon en sont tout couverts,”

THE MOUNTAINS OF THE VOSGES.

Sans Gérardmer et un peu Nancy,
ce ne serait rien de la Lorraine.

(Dicton populaire.)

Gérardmer.—The territory of Gérardmer is a large basin with mountains surrounding it, and forests making it beautiful. Through various openings are seen the charming valleys of Xonrupt, of Bas-Rupts, and Béliard. The Vologne is the only river. There are also little streamlets called Belbriette, Jamagne, and Forgotte. The names of its three lakes are Gérardmer, Longemer, and Retournemer.

The climate is bracing and healthy, the winters long and severe. The summits of the mountains often remain covered with snow when the valleys are rich with the verdure of spring.

In the time of Charlemagne the whole country was covered with thick interminable forests. Wild beasts abounded in them. The hunting of these animals was the favourite sport of the princes and lords of that time. In 1805 the great Emperor, who had a residence at Champ, made the tract of land between the Vologne and Remiremont his hunting ground. In the following year he chose for his sport the higher region of the Vosges, by

Montabey. According to tradition he sat down to rest near a fountain just above Bolbey on the extreme limits of the district of Gérardmer, and had his dinner served on a large stone on the left side of the river near the Saut-des-Cuves. The fountain and stone are still known as the fountain and stone of Charlemagne.

About the year 1070 Gérard d'Alsace was also one of the frequenters of these parts. He built himself a house near to Jamagne, on a little eminence in the middle of the field, called the Champ, where the cemetery now is. This tower was meant either as a memorial of his visit, or as a means of holding in check the brigands who infested this part of his dominions, or, what is more likely, as a mere lodging place during his hunting excursions. From this time the two names became associated with the place, Gérard and the lake, and it has ever since been called Gérardmer. The soil has risen about the ruins, but the foundations of the building can always be made out on the spot where the Chapel of the Calvary stands. Much about the same date a lord of Lorraine, named Bilon, wishing to retire from the world, settled himself on the borders of the lake of Longemer. He built a chapel which was dedicated to Saint Bartholomew. Not far away he contrived to make a cell on a

little hillock, and there he spent the rest of his days in penitential exercises. The proprietor of this spot was in 1830 turning over the soil in the course of his farming operations, and found the skeleton of the hermit in good preservation, girdled with a small chain. This he sent to the museum at Epinal.

The three lakes of Gérardmer are at a small distance from each other on the same line. The lake of Gérardmer is the largest of the three. The waters of the narrow valley of Phény feed it. The streamlet called the Jamagne runs out of it, and almost at once joins the Vologne.

M. Defranoux, in his 'Guide Pittoresque,' says, "This lake is an inspiration for the poet, and the painter can always find among the bright or shady scenes abundance of objects for his sketch-book. The sunrises, the twilight, the variations of light and shade on the horizon of Béliard, would tempt any artist. It is always this lake which first excites the admiration of visitors; there are small skiffs which may be hired, and with the boatman's nets the tourist may be sure of taking either tench, pike, perch, or the mountain trout."

Tracing the course of the Vologne, which at Retournemer has a fall and turns a mill, the path for some distance runs between two fearfully pre-

cupitous rocks. This passage gradually opens and brings the excursionist to the lake of Longemer. The scenery round this lake is captivating. The glittering mirror of the water, shadowed by masses of dark pine, lies in a framework of lofty rocks. There are two high mountains rising from the lake. That on the one side shoots up abruptly, and the trees uprooted by the winter winds fall directly into the water, so that the people are in the habit of saying, "There is more wood in the lake than on the hills." Boating and fishing may be had here the same as at Gérardmer, and very often a repast is made upon the shore when there has been a successful take.

The comparatively small lake of Retournemer, with its fantastic rock *Du Diable*, seems to be shut up in a sort of funnel, overlooked by the imposing mountain of Honeck. On its flanks the botanist will find a rich harvest. It is a most prolific flower garden. The contrast between the summer and winter on this mountain is very great. Nothing can be more gay and charming during the hot season, but when winter comes it is truly horrible. Even the smugglers find it difficult to carry on their traffic, and travellers are sometimes overtaken by snowstorms and frozen to death. There is nothing to soften the dreary dulness, and the unfortunate

inhabitants of so savage a district are really to be pitied.

There are other curiosities which well deserve the attention of visitors to Gérardmer.

The Saut-des-Cuves, a waterfall of the Vologne, is seen on the road from Valtin, not far from the town. The sheet of water rushes over a direct precipice naturally chiselled out into a ravine between two immense masses of rock. It is a fairy-like scene and every change of position of the spectator gives him new cause for admiration.

The Basse-l'Ourse is a precipice of piled-up blocks of granite detached from the rocks, which are seen hanging overhead. Two of them are of very extraordinary form, and seem to be on the point of falling over into the abyss. A small mountain torrent passes under them and only reappears at a distance of many hundred paces.

The name gives an idea of the horrors of the spot, which is just the sort of repair that might have been frequented by the bears which formerly were numerous in the mountains of the Vosges.

Deep in a secluded valley about one kilomètre from Gérardmer, the Vologne passes under a bridge of granite of one arch boldly thrown across this impetuous river. It has been wrongly stated that the



Nota: Les lettres C, R, E etc. se trouvent sur des arbres le long des chemins et sentiers indiqués sur la carte.
Les chiffres bleus correspondent aux promenades décrites dans le guide.

Romans had constructed a bridge over the torrent at this spot.

But a gigantic undertaking, which would have been quite in accordance with the genius of that ancient nation, has been in progress for some years in this mountainous country ; and it is an interesting sight. It is the construction of a road, often declared to be impossible, which is intended to bring into communication Munster with Gérardmer, Colmar with Epinal, Alsace and Lorraine. The Route de Schluck, as it is called, cannot be too highly spoken of, and is the admiration of all travellers. The road is a masterpiece of scientific engineering.

Gérardmer has, like La Bresse, its wild, barren regions, where trees even do not grow, but which are valuable for cattle feeding, and furnish a great variety of rare plants. From the highest points the line of the Swiss Alps may be distinguished. It is worth while watching upon them for the sunrise, and to regard the gradual disclosure of the world below.

Gérardmer has a somewhat extensive commerce. Cheese is made there largely. The trade is considerable in cooperage, cut timber, pottery, pitch, and salted food. Canvas cloths are manufactured, and the alabaster whiteness of the linen is noted. There are some makers of firearms, chiefly guns for sport-

ing purposes. It is seldom that strangers have occasion to regret the acquaintanceships made at Gérardmer. The people have but little departed from the simple manners and customs of their forefathers. According to local information, private luxury has not made so much progress here as elsewhere. We find the old cordiality in social life, the old free hospitality, and the love of work as strong as ever. There is the same clinging to the faith and ashes of his ancestors in the mountaineer of to-day, who would be as the mountaineer of a hundred years since if it were not that, in too many cases, he gives way to the temptation of strong drinks.

Eight or nine hundred litres of eau-de-vie are said to be consumed every year in Gérardmer.

Springs abound throughout this great commune, and the waters are light, sparkling, fresh and clear. Hydrotherapy has not failed to take advantage of these pure waters, the salubrity of the air, the charm of situation, the variety of promenades, the valleys, mountains, lakes and waterfalls. For some years there has been an establishment for this form of medical practice, which like those of the mineral springs is opened annually, on the 15th of May. Every year its reputation and prosperity seem to be advancing.

Le Donon.—This is one of the most majestic of the mountains of the Vosges. It is incessantly visited, and every platform is scratched over with the names of those who have made the ascent. The other peaks seem insignificant before it, and to be grouped around as so many respectful attendants. The way up to the summit is cut out of the rock, and winds among the enormous blocks. It is not in any way dangerous, and the fatigue is fully repaid by the surprising beauty of the scene which is revealed. The horizon all around is wide and comprehensive, taking in the whole ramifications of the Vosges, the distant Alps, the Black Forest, the plains of Lunéville, the lakes of Lindre, the slightly windings and turnings of the valley of Celles, and an irresistible point of attraction, the lofty spire of the marvellous cathedral of Strasbourg, glorious in its architecture, its religious sculptures, its royal statues, its marked outlines and its colossal proportions, which make it a rival even of the pyramids.

There is also another spectacle which at times holds one in astonishment on the heights of Donon. When the vapours of the Rhine drift into the valley of Schirmeck and are tossed about by the blasts of wind which are frequent among the hills, the rays of the sun falling upon them bring out the most brilliant combinations of colour. Driven

by the wind the greater part of the clouds are in rapid motion, and seem to be chasing each other, while a few, untouched and stationary, seem to be spectators of the turmoil.

To see the sunrise is also one motive for going up the Donon, and there are few spots from which this coveted sight can be had with so much satisfaction.

The Donon was one of the mountains chosen by the Gaulish priesthood for the celebration of their rites. They had upon it their dwellings and a temple. Antiquarians have over and over again explored the remains of these buildings, and have published their discoveries. Some sculptures of very imperfect workmanship, but important from their ancientness, have been found among the ruins.

One is a bas-relief in stone representing a lion and a wild boar, with this inscription, "*Bellicus surbur.*" The wild boar is in a passive attitude, apparently backed against the rock ; the lion advances with its jaws wide open and the tongue curved upwards.

There are also five statues cut out of stone. The first figure holds in his right hand a purse, and in the left the caduceus. It was evidently intended for the god Mercury. The second figure, standing in front of a stag, is the mutilated image of an ancient Gaul ; the hands and feet are wanting,

and the head is entirely disfigured. The third statue is also that of a Gaul ; in the right hand is a purse, the left hand presses a book and a sword against the dress. Mercury again appears in the fourth figure holding his caduceus and wrapped in the chlamys. The fifth statue is again that of Mercury with purse and caduceus, but the head is gone. Thirty years ago all these objects were taken away from the Donon to be immured in the museum of Épinal. It is, no doubt, more convenient to look at them where they are, but so displaced they have not the same historic value, and fail to excite the same interest as they would if we could examine them on the mountain ridge mingled with the ruins which they were once intended to decorate. In such way and place would the historian and the archæologist wish to find them, study their forms, and draw from them their instructive inferences.

Analysis of the Mineral Waters of Vittel, made
by the Academy of Medicine.

GRANDE SOURCE (*Diuretic*).

	Grammes.
Carbonic acid, free	little.
Bicarbonate of lime	0'2025
Bicarbonate of magnesia	0'0737
Bicarbonate of soda	0'0910
Bicarbonate of iron, with manganese	0'0088
Bicarbonate of lithia	0'0014
Sulphate of lime	0'0800
Sulphate of magnesia	0'1824
Sulphate of soda	0'2461
Sulphate of strontian	traces.
Chloride of sodium	} 0'0903
Chloride of magnesium	
Chloride of potassium	
Phosphate of lime	0'0023
Silicate of soda	0'0390
Silicate of lime	0'0005
Fluor, manganese, arseniate of iron, strontian, alu- minium, boric acid, organic matters	} traces.
Per litre	
	1.9230

SOURCE SALÉE (*Highly Laxative*).

	Grammes.
Carbonic acid	0'2835
Carbonate of lime	0'3188
Carbonate of magnesia	0'0028
Carbonate of iron	0'0005
Aluminium	0'0014
Sulphate of lime	1'4215
Sulphate of magnesia	0'8216
Sulphate of lithia	traces.
Chloride of sodium	0'0155
Silicate of soda	0'0342
Silicate of potash	0'0110
Organic matters	0'0118
Per litre	2'6410

SOURCE DES DEMOISELLES.

(*Ferruginous.*)

	Grammes.
Carbonic acid, free	0'080
Bicarbonate of lime	} 0'730
Bicarbonate of magnesia	
Bicarbonate of iron, with crenate and manganese	0'041
Sulphate of lime	0'440
Sulphate of magnesia	} 0'610
Sulphate of soda	
Silica, aluminium, phosphates, iodide, and arsenical principles, organic matters	} 0'480
	2'381

Ferruginous Deposits.

	Grammes.
Carbonate of magnesia	} 21'39
Carbonate of lime	
Acids crenic and apocrenic	3'85
Sesquioxide of magnesia	14'94
Sesquioxide of iron	55'95
Silica	4'27
Arsenic	traces.
	100'00

I.—DISEASES OF THE URINARY ORGANS.

A. Gravel—Nephritic Colic.

All kinds of gravel, whether uric, phosphatic, or oxalic, are successfully treated at Vittel.

We may inquire how these waters act in such cases. It was formerly supposed that mineral waters possessed a dissolvent power over calculous concretions in the urinary passages. It was a very acceptable hypothesis, as it seemed so readily to explain the action of such waters on urinary deposits. Unfortunately there was no truth in it, and we at present dismiss the question of the dissolution of calculi in the organism as untenable. It is a matter of fact that the waters of Vittel, in giving tone to the urinary passages, excite them and cause a sufficient amount of contractile action to bring about the expulsion of the sedimentary matter which is enclosed in them. Such is their principal mode of action. But if the waters of Vittel do not dissolve calculi, they can, at any rate, dislodge them. It is the case that some stones are nothing more than accumulations of gravel held together by a thickened mucus. A copious and continued flow of diluted urine, charged with mineral matter, will

liquefy this mucus, and set at liberty the particles of gravel which it had kept agglutinated together. These particles, instead of forming a compact mass, sometimes too bulky to make its way through the evacuating ducts, are left bare and isolated, and so are able easily to glide down the passages and through the openings. This is all that can be said in admission of the dissolving power of mineral waters, and such solvent action falls not on the crystallised or calcareous matter, but upon the mucus.

The early days of the treatment of a patient with gravel, by the water of the Grande Source, are marked by an augmentation of the quantity of sediment evacuated. Then it gradually becomes less abundant, and finally disappears in the course of one season. This is not a constant occurrence. It ought to be well understood that the diathesis is not got rid of so easily. Still it may be said that a complete cure is usually accomplished in the course of a few successive seasons.

But the merit of this treatment is that it is not confined solely to the common forms of gravel. It is equally potent in cases where the stone is of appreciable size. It often happens that towards the end of a course of drinking we see stones expelled without the least pain by patients in whom

they had not even been suspected. Such an event may be accounted for in this way. The treatment allays the inflammatory condition of the passages. It washes away the thickened mucus which blocked them up. It renders their walls more supple, and calms the morbid sensibility which hung about them. Such changes are most commonly observed in gouty people who have been laid up with nephritic colic, attended with intense suffering. These colics almost always come on during a treatment by the Grande Source water, but the suffering from them grows less and less as the cure advances, till at length there is such an amendment that one can foresee the speedy approach of a complete deliverance.

When the stone is formed in the expanded portion of the ureter next the kidney, and is brought away from that part into the bladder by the action of the mineral water, two things may happen. The stone, instead of resting in the bladder, may move on into the urethra. Thence it is expelled after more or less effort and more or less pain. For the canal which before the treatment would have been too small and not yielding enough to admit of its passage, now permits its movements with some little difficulty. Or, if the stone be of phosphatic composition, it softens in the bladder, and

after a time comes away through the urethra as a pulpy mass, or a kind of chalky cream.

There are also other cases where the stone contracts an adherence to some part of the lining membrane of the bladder, and such attachments are for the most part insurmountable. Here the water of the Grande Source has come in with most remarkable effect. Administered as a drink, and used as a douche, either to the bladder, or, what is better, to the perinæum, it has done more than we could reasonably expect. Cases are related in which this double use of the water has sufficed to detach nummulated calculi, which have then gradually exfoliated and have ended by entirely disappearing, sometimes in the course of a single season. Such calculi have generally been of the phosphatic, or basic triple phosphatic kind.

B. Catarrh of the Bladder—Cystitis.

The vesical catarrh which we most commonly see at Vittel is the sequel of other diseases. It has been brought on by the rheumatismal, gouty, or calcareous diathesis. It is sometimes the consequence of the debility of old age, or of that which follows severe fevers. In other cases it has been set up by chronic irritation of the urethra, by strictures, or by enlargement of the prostate. Some-

times, however, the attack is primitive, without any antecedent disease.

It is an affection of the bladder and urethra which yields more readily to a course of Vittel water than to any other means. By drinking the water of the Grande Source, or the Source Marie, according to the individual peculiarities, douching and washing out the cavity of the bladder, the circulation is regulated, the vitality of the part is stimulated, and the tissues gain tone. This benign influence extends to the prostate and urethra, which are always more or less implicated in that condition of the bladder.

The influence of the treatment is soon apparent. The urine passes more freely, the catarrhal matters, such as glairy mucus, pus, blood, cast-off epithelium, phosphates, are more easily ejected, and their quantity diminishes. The disease, in fact, is not long in being cured.

c. Acute Inflammation of the Bladder.

This disease is seen sometimes as well as the chronic form, and is a manifestation of the gouty diathesis. It may be the sequel of an attack of gout in the joints, and it gives way in some cases if such an attack shows itself in the limbs. The usual antiphlogistic remedies, such as cataplasms

on the belly, cupping, or leeches, are necessary to reduce it, but diuretics are also required, and none answer better than the sulphated waters of Vittel.

D. Hæmaturia.

Cases in which the Vittel Water is Indicated.

1st. Violent exertions sometimes cause hæmaturia in strong and plethoric persons. This is of no great importance if it be a solitary accident ; but if it persists it is prudent to go through a course of the mineral waters if only as a preventive measure.

2nd. When the bleeding is symptomatic of a stone in the bladder.

3rd. When it depends on a chronic nephritis.

4th. When it is supplementary to menstrual or hæmorrhoidal losses.

Its use would be injudicious where there is degenerative disease of the kidneys.

E. Stricture of the Urethra.

No mineral water alone will cure a stricture of the urethra. But what we may expect, and what we do observe at Vittel, is that after a course of the mineral water the dilatation is made much more easily. But the treatment must be moderate and progressive. The water must be taken only

in such proportions that the bladder and urethra may allow of its passing away without difficulty. The double use of the waters, externally as well as internally, has allowed of our obtaining a satisfactory dilatation, even of very formidable strictures, during the time the water cure has occupied.

F. Inflammation and Enlargement of the Prostate.

Cases for the Use of Vittel Water.—When the patient is not too much enfeebled and the enlargement is comparatively recent, and when it is the result of some morbid condition of the urethra, the water of the Grande Source will afford most desirable relief, even when it does not completely remove the hypertrophy.

But in aged subjects, with the gland in a hard fibro-cartilaginous condition, all we can hope to do is to relieve the bladder complications which aggravate the sufferings. Yet the careful use of the water, even in these cases, both as drink, douche, and injection, will support the general strength, improve the functional power of the organs, and cause a favorable retrogression in the gland itself.

It is in the subacute and catarrhal form of inflammation of the prostate that we may look for the greatest relief at Vittel.

G. Incontinence of Urine—in adolescents and children.

To understand how the Vittel water acts in these conditions, we must know something of the causes and nature.

It is brought on by a variety of causes. It is an inconvenience which generally gives more trouble during the night than in the daytime. In the waking hours the will is brought into action when the desire to pass urine is felt, the muscular tissues respond to its influence, and the vesical orifice is kept shut. That is to say, when awake, the child resists the impulse. At night, when the child sleeps, the mind receives the impression of the want to urinate, but as the will is dormant no directing force is conveyed to the voluntary muscles, and no resisting action takes place. The spinal influence is unopposed by cerebral influence, and the involuntary muscles relax. There is no obstacle to the flow of urine from the bladder because the correlative voluntary muscles receive no warning to contract, and the involuntary sphincters fall into a state of inaction. Here there is nothing wrong structurally, but sleep is profound, and the control of the will is suspended.

At other times the desire to urinate is so feebly

expressed that it is insufficient to excite any contraction of the sphincter muscles. Then the urine escapes involuntarily without awakening the child ; the same thing may occur during the daytime. The only cause of this is the inadequacy of the sensation of a need to evacuate.

Then, on the contrary, the contractile energy of the bladder may be so exaggerated that the muscular contraction at the neck is insufficient to resist the pressure put upon it when the organ is put in action. The urine escapes with a forcible jet, and the feeling of desire is so quickly followed by the spasm that the child has no time to make the necessary preparation. In these children the contractility of the sphincter is relatively feeble.

Urine heavily charged will produce the same results. Its density and acidity stimulate the bladder to inordinate contractions, and make the want to pass the urine more frequently felt.

The erratic propensities of the small thread-worms infesting the rectum produce the same effect, especially in females.

Narrowness of the opening of the urethra and the newly-closed state of the prepuce produces incontinence, but it is an incontinence of overflowing. The child retains its water as long as possible because of the pain he suffers in evacuating

it, and a moment arrives when the bladder is overcharged and the contents escape involuntarily.

One is generally able to correct these infirmities by the remedies in common use, such as belladonna, nux vomica, and their preparations, ergot of rye, water treatment, and electricity.

But sometimes we meet with incorrigible cases and are defeated. Then it is well to have recourse to the Vittel water. That of the Grande Source will do all that can be wished for, especially in cases where the incontinence depends upon a want of tonicity and resisting power in the sphincters.

At first sight it would seem to be inconsistent to treat incontinence of urine with diuretic water. But a moment's reflection will make it clear that the action of the Grande Source water is the same here as in a case of vesical catarrh. The general strength is improved, the local sphincters have more tone, and act when stimulated.

The water at the spring is the right remedy, but when this is out of the question the treatment may be carried on at home. This may be managed by giving a child of from three to five years old about four teacupfuls of the water of the Grande Source every day, as much as half a bottle to a child of from five to eight years, from eight years to fourteen two thirds of a bottle, and an entire bottle when

over fourteen years. One half of the quantity of water should be taken in the morning when fasting; the other half must be divided into two portions, one to be taken before each of the principal meals.

II.—GOUT.

On the Choice of a Watering-place.—The mineral waters supposed to be useful in the treatment of gout are so numerous that the medical man has to use great caution in making a selection for his patient. Dr. Lécorché, whose investigations and writings on this subject entitle him to be regarded as an authority, thus expresses himself:—"It cannot be too strongly impressed upon the mind that the use of an ill-chosen water may be the bane of a sick man. A water which, in a former year, has produced the best effects may become absolutely disastrous if the diathesis of the patient has undergone any modification, or if symptoms have appeared which indicate the necessity of a change of treatment. Consequently the most serious disasters have sometimes been seen to follow a course of waters at Vichy or Carlsbad, which would have been altogether avoided, and good results obtained, if choice had been made of springs less potent."

In writing as follows, Trousseau enforces the same opinion :—" In cases of visceral gout, seek a water but feebly mineralised, and you will not only be saved from the accidents which sometimes are caused at Vichy, but you will assure in most cases a marked amendment."

Formerly it was almost the rule to prescribe the waters with soda-bicarbonates, such as that of Vichy, for gouty subjects, but since the evils of this treatment have been clearly made out, it has in a great measure been given up. Trousseau writes positively on this point in these words :—" It is a fact which cannot be concealed that, in many cases of gout, Vichy water has occasioned either an immediate aggravation of the symptoms, or has proved to be the cause of much mischief after a certain lapse of time. It is in abnormal and irregular forms of gout that this has occurred, but especially in that form of gout which we call *atonic*. In fact, writing without reserve, it may be stated that there is good reason to attribute some fatal results from the shifting of the disease from one part of the body to another, or to some internal organ, to the use of the Vichy waters."*

Gouty Conditions for which the Waters of Vittel are

* Trousseau et Pidoux, 'Traité de Thérapeutique,' 1825, T. 1, p. 473.

appropriate.—Keeping in view the importance of a right choice of a mineral water, it may be useful to specify those cases in which relief is likely to be obtained at Vittel.

1st. *Cases with gastro-intestinal complications :*

Gouty dyspepsia.
Congestion of the liver.
Biliary concretions.
Piles.

2nd. *With renal complications :*

Gravel.
Nephritic colic.
Gouty vesical catarrh.
Inflammatory condition of the kidney.

3rd. *With nervous complications :*

General gouty neuralgia.
Sciatica.
Gouty nervousness.

4th. *Gout associated with other diseases :*

Gouty diabetes.

5th. *General conditions :*

Common gouty diathesis.
Gouty debility.
Gouty inanition.

Stage of the Disease for Treatment at Vittel.

No patient should be sent to Vittel while suffering from any active manifestation of gout in the joints. He should wait until all this has calmed down. If not he would be likely to have a return of the symptoms as soon as he began to use the water. And this is easily explained. The water of the Grande Source is essentially a digestive, and under proper conditions is the very type of water required by gouty subjects. The first few days of drinking relieve the dyspeptic symptoms, the appetite is excited, more food is taken and is better digested. Compared with the state of things before his arrival the processes of assimilation and absorption are in an exaggerated activity, and it is therefore not surprising to find gout reappearing in some of the joints of the patient. One is, on this account, disposed to urge upon practitioners the caution to retain their gouty patients under their usual *régime* and not to prescribe a course of mineral waters until all the articular pains and swelling have been for some time quieted. And it is also well to forewarn them of a curious fact which sometimes shows itself in the treatment of these cases. In persons who have hitherto only presented visceral symptoms, the use of the water will occasionally

cause a distinct manifestation of gout in the joints, thus clearing up any doubts which might have existed as to the nature of the internal affection.

Action of the Vittel Waters in Gout.

1st. *As against the Gouty Diathesis.*—It is now a doctrine generally accepted that gout is due to an imperfect performance of the nutritive functions, which gives rise to abnormal combinations of the azotic matters. It is by its influence over the organic elements concerned in the transformation of these azotic matters that the Vittel water modifies what is wrong and restores the natural changes, and has so great a power in controlling the gouty diathesis. When the gouty disposition begins to show itself by an undue formation of uric acid, these waters show their efficacy by quickly reducing the action to its natural proportions.

2nd. *As against Visceral Complications.*—A free use of the Grande Source diminishes the congested state of the mucous membrane of the stomach, and by modifying the endosmotic action, produces a purgative effect of great importance in the treatment. It does more, and by acting on the cellular elements of the secreting glands of the intestines, arrests their catarrhal exudations. Distension of the stomach subsides, and the inconvenience aris-

ing from a large quantity of gas in the intestines disappears.

The use of the Vittel water also relieves the congested condition of the hepatic circulation.

It is therefore principally by regulating the circulation and secretions of the abdominal viscera that good effects are arrived at.

Besides this, the urinary organs come under their influence. The Vittel waters are diuretic, and facilitate the elimination of uric acid, the accumulation of which in the system has so much to do with gouty attacks.

On the External Use of the Water of the Grande Source in Gout.—Usually hydrotherapeutic remedies are not much resorted to in gout. Nevertheless they are not to be absolutely proscribed. As Béni-Barde says, hydrotherapeutics in gout are intended to accelerate the formation and dissolving actions of nutrition, to excite the secretions, especially those of the skin and kidneys, to equalise innervation, by promoting the cutaneous circulation, to avert cerebral congestions, and, in a word, to bring about an equilibrium in the organic functions.

What is of most importance is to know when and how this remedial agency is to be adopted.

The following are the rules upon which we ought chiefly to rely :

1st. When the joints are enlarged and their movements interfered with by calcareous deposits, we direct a cold douche on the joint affected, and this local application is to be followed by a general douche.

2nd. When the invalid is troubled by flying pains, or when the pain follows the course of a nerve, or is localised in any group of muscles, we have recourse to the *douche écossaise*.

3rd. In visceral gout great caution is required. It must never be forgotten that if a salutary reaction should fail to appear, the visceral symptoms may be aggravated. Special attention must be paid to the kidneys, since a chill may be the means of rousing up an attack of inflammation.

4th. Gouty nervousness is generally benefited by the application of cold water.

5th. Douches and hot baths of from 80° to 100° Fahr. are of great service in cases of chronic gout. And where there is excessive sensibility, or much of the muscular pain so common in this disease, they act admirably as a sedative.

6th. Localised vapour douches give full relief where the joints are deformed and painful.

After-treatment.

Gout is a disease which generally causes trouble to patients for many years in succession. To save from an attack, or to lessen its violence when it does come, it is well to keep the system constantly under the influence of the remedial action of the waters.

It may be done in this way. When the course of treatment at the establishment has been finished, rest for a month without touching the water. Then recommence, and every second month go through a course of drinking much the same as at the springs. The water of the Grande Source must be taken independently of the meals. In the morning, when fasting, let the dose be two glasses ; and in the evening, with the dinner, one or two more glasses. This is better than to drink the water exclusively with the meals. One bottle a day will be found enough for most people.

A. Gouty Diabetes.

The observations of Dr. Lécorché have made us familiar with the relations between gout and diabetes. He has demonstrated clearly that there is a form of diabetes which is as much a manifestation of gout as are many nephritic colics and stomach disorders. Here the waters of Vittel may be

trusted to as specially useful. Reference need only be made to what has already been said upon their mode of action.

It must be noted, however, that the water of the Grande Source, acting particularly on the gouty constitution itself, is that to be chosen in these cases. It not only arrests the diabetic secretion, when fully established, but it prevents its appearance either in the gouty subject himself or in his descendants. Charcot has pointed out what combinations these two diseases, gout and diabetes, may present in the same family. Thus, a diabetic father may have a son in whom the disease which shows itself is gout, or, on the contrary, the son of a gouty father may have a tendency to diabetes. The same author has noted this fact: Five sons and a daughter were the issue of a diabetic father. Four of the sons had both gout and diabetes. The sister was subject to gout only, and her child, a daughter, manifested signs of a gouty disposition.

B. Dyspepsia.

Stomach and Intestinal Symptoms. Utility of the Water of Vittel.—Speaking generally, it may be said that the treatment at Vittel is applicable in all the cases of gastro-intestinal disorders of con-

stitutional origin, especially when showing themselves in company with a uric acid diathesis.

In gout, for instance, the dyspepsia may appear in a variety of ways. Professor G. Sée* admits three varieties :

1st. There are the difficulties of digestion, which sometimes for years precede the first attack of gout in the joints. This he does not regard as a true dyspepsia, but as a pseudo-dyspepsia, due to intestinal debility.

2nd. Under the names of acute dyspepsia, or catarrhal or paroxysmal dyspepsia, he ranges those phenomena of gastric derangement which accompany an attack of gout.

3rd. The term *true acute uricemic dyspepsia* is used to designate that series of grave symptoms which sometimes occur during an attack of gout, or about the time of its decline, and are known usually as retrocedent gout.

According to Dr. Lécorché, gastric troubles first show themselves by the gradual development of a state of chronic catarrh of the organ. This is at first quite superficial. The muscular coat then becomes affected, and the patient suffers from its feeble action, and an intermittent irritation. In

* G. Sée, 'Dyspepsies gastro-intestinales,' 2nd edit., p.

the end, there is a spasmodic debility of the organ, which leaves it in a condition of paralytic inactivity and dilatation.

The intestinal disturbance in the gouty is marked by flatulence with colic, constipation, diarrhœa, and hæmorrhoidal floodings.

With a misunderstanding of the nature of these phenomena, and an attempt to reduce them by a treatment directed only against the symptoms as they appear one after the other, failure is inevitable. On the other hand, the best effects are at once secured by measures tending to correct the diathesis which has given origin to the symptoms.

Dr. Lecorché* relates the history of a gouty subject who for six years endured almost unceasing pains in the stomach, regularly aggravated every morning by attacks of colic. During one season at Vittel the whole of his misery disappeared.

III.—DISEASES OF THE LIVER.

A. Hepatic Colic—Biliary Calculus.

Character of a Mineral Water needed for the Successful Treatment of Cases of Hepatic Colic.—There is no doubt about the fact that the greater part of these hepatic colics are due to the obstruc-

* Lécorché, 'Traité de la Goutte,' p. 235.

tion of the biliary ducts by a calculus, which is too large to pass through them without unnatural distension. This distension always causes great pain. Pain then is the symptom which we have most to regard in connection with a biliary calculus. This fact is to be mainly insisted upon, because it will very much influence the decision when the question of a choice of treatment has to be considered.

We may next assert that a mineral water, to be of any efficacy in giving relief in cases of biliary calculi, must be one which will clear the gall-ducts of any concretions they may contain, and which will effect their expulsion. When this happens there will necessarily be an attack of hepatic colic.

What then are the qualities that a water ought to possess to furnish us with these results? It ought to have the power of acting in two ways:

- 1st. In preventing the formation of gall-stones ;
- 2nd. In causing their removal if already formed.

a. Prophylactic or Preventive Action.—Bile is not a liquid which holds solid matters in a state of suspension. Concrete bodies therefore can only be obtained from it by the precipitation of substances which it holds in solution. Now, the solubility of the cholepyrrhin and the cholesterin, of which the

greater number of gall-stones consist, is maintained by the action of the glycocholate of soda in the bile. A catarrhal secretion of biliary mucus decomposes this salt. In this condition it loses its dissolvent power, and the matters in solution are deposited in the form of a powdery precipitate (*sable biliaire*) (*Jaccoud*).

The first thing, therefore, that is to be done in the way of preventing the formation of gall-stones is to save the biliary passages from falling into a catarrhal condition, or to relieve it if it is present. Any stagnation of the bile in the gall-bladder must also be hindered. If not the bile thickens and lets fall sediments. Its condensation must therefore be prevented.

The want of proper dilution is an additional cause of the inspissation of the biliary secretion.

It is a well-known fact that the ingestion of a great quantity of water augments the secretion of bile. This more active production of bile lasts for at least an hour after the fluid has been swallowed. It is the higher amount of sanguineous pressure, depending on the introduction of a considerable quantity of liquid into the circulatory system, which causes this phenomenon.

Bernard has, in fact, demonstrated that every variation of blood pressure is attended by a corre-

sponding modification of the biliary secretion. At the same time that the flow of bile is exaggerated, the solid matters which it holds in solution are sensibly increased in quantity, while the artificial flooding of the bile involves a diminution in the density of the fluid.

Water, therefore, imbibed in great quantities increases the amount of bile secreted, renders it more fluid, assists the elimination of its soluble matters, and consequently gets rid of the chances of any unhappy results from condensation.

Now, it is incontestable that there are but few waters so digestible in their qualities as to allow of their introduction into the stomach in large quantities. The water of the *Source Salée* of Vittel is in this respect vastly superior to any other. the more so, that in addition to other properties it has the advantage of containing certain combinations of sulphur. The drinking of water of this character occasions the appearance of a larger proportion of taurocholate in the bile, favorable to the maintenance of the solubility of the cholesterin which it contains.

(b) *The Expulsion of Calculi.*—There are two rival waters for which pre-eminence in the cure of the disposition to form gall-stones is claimed. One of these has its sulphates of lime and magnesia

(Vittel), the other its bicarbonate of soda (Vichy). The reputation of the Vichy water has been for so long a time established that it needs no further recommendation. It is worth while, however, notwithstanding its acknowledged usefulness, to inquire whether after all it is the water which is exactly the best fitted for the treatment of cases of hepatic colic.

It has just been pointed out that to prevent the formation of gall-stones the first condition required was the taking into the stomach of a large bulk of water. Now, it is impossible to fulfil this necessity with the water of Vichy. The pernicious effects upon the constitution of the long and free use of alkaline matters are only too well known. True it is that the bicarbonate of soda diminishes the proportion of the solid matters contained in the bile. But that is only a passing effect, which lasts no longer than the treatment is persisted in. Since the treatment cannot be continued indefinitely, the former state of things reappears after a certain time. When it is not so, there is the appearance of a cure. The alkaline water has produced its effect, the functions of the liver are re-established, the gall-bladder is evacuated, the flow of bile is renewed, and the digestive organs do their work naturally. As for the gall-stones they remain in

the bladder, and may continue to lie there quietly, for perhaps a long time, without causing any inconvenience. This is satisfactorily proved by the many examinations of dead bodies in which the gall-bladder has been found full of concretions, without any suspicious symptoms having been known to exist during life. But if it happens that these foreign bodies are in some instances harmless, in other persons they have been seen to produce intense suffering, and even to cause death.

Such a course of treatment brings on no positive action in the form of hepatic colic, so that there is no removal of stones, either large or small, and consequently no definite cure of the malady. All that is done at Vichy is therefore only a sort of patching up, which enables the patient to go on living with his disease always present.

On the other hand, if we observe what is done at Vittel we find a totally different course of action, and a set of results which are much more to be desired.

Treatment of Cases of Gall-stones at Vittel.

Instead of ordering insignificant doses of water as at Vichy, we pour in great quantities, as much as from one to three litres a day. We obtain at once the principal object indicated before, by hinder-

ing the inspissation of the bile, and turning aside the bad consequences likely to follow that state of the secretion.

We endeavour to set up the laxative action of the water without inducing actual purgation. This is generally the result of four days' drinking. Once established, it continues uninterruptedly during the rest of the cure.

But what it is of importance to bear in mind, and what I think it is necessary to forewarn the patient of is, that under the influence of this mode of management he will experience some hepatic colic, followed by an evacuation of gall-stones.

M. Patézon says in his work,* “ During the course of water drinking, pain in the region of the liver is felt, slight, lasting for but a short time, and returning at intervals. It often is the case that a real attack of hepatic colic comes on, and this is followed by an expulsion of stones, gravel or grumous biliary matter. A crisis of this kind is almost under command. It may be retarded or accelerated, made more active or mitigated. Generally, the first evacuation is the only one really painful. Those which succeed are only attended by some aching, or feeling of discomfort.

When the actual treatment has come to an end,

* Patézon, ‘ Traitement des coliques hépatiques à Vittel.’

there are generally some subsequent attacks of colic, which accompany the passage of other stones or gravel ; but the pain is not so severe as before the use of the waters, and in the intervals the patient has the satisfaction of feeling in perfect health.

“It sometimes bechances that one season is enough to complete a cure. But more commonly two or three successive seasons are necessary, not neglecting in the intervals the periodical use of the water at home.”

The natural conclusion therefore is that the water of the *Source Salée*, by the saline ingredients in solution, by the laxative effects which they produce, and by the quantity consumed, is that which is specially indicated in cases of biliary concretions.

B. Congestion of the Liver.

The kinds of congestions of the liver amenable to treatment by the waters of Vittel are the following :

1st. *Congestions which have been brought on by a Hot Climate, or by the Marshy Emanations of such a Climate.*—In most hot countries congestions of the liver are very common. They appear to be caused by an excessive functional activity, under the

influence of a constantly high temperature. They may be simple without any complications. But for the most part they are the sequel of an attack of dysentery, or are caused by malarial infection. The malarial cases have special characteristics. They are chronic in their course and consequences. Their recurrence brings on a condition of hypertrophy of the organ, and they are often the starting-point of structural changes, to which the name has been given of *foie pigmenté*. It would seem from the researches of Kelsch that the anatomical characters of this morbid degeneration are the same as those found in the disease known as the nutmeg liver.

The gland is increased in size, is gorged with blood, and has a hard, firm feel, as if it were becoming fibrous. The hepatic cells in the lobules are generally loaded with fat exteriorly, and atrophied in the centre, as a result of the abnormal development of the capillaries. These vessels, both within and without, are constantly filled with pigmentary matter. The connective tissue is altered. — There is almost always an interstitial congestion, with a proliferation of the embryonic elements. This is most noticeable in the interlobular spaces, but it penetrates, along with the capillaries, even into the interior of the acini. But

there is no pigment met with in the intervening spaces, nor are the hepatic cells obviously infiltrated (Kelsch). Thus the pigmented liver, which the German writers have ranked as a special disease, is nothing more, as M. Rendu has justly remarked, than a variety of congestion, of which the origin only has anything special.

2nd. *Malarial Congestions of Temperate Climates.* — In various provinces of France, latent congestions of the spleen and liver, having a malarial origin, are frequently met with. There are entire groups of the population in some parts, in which chronic congestions of the spleen and liver have produced a manifest condition of hypertrophy of those organs. It is prevalent in the Bresse, Sollogne, Limousin, Brittany, and Corsica. It would not be unreasonable to suppose that, to reach this state, a person must have gone through many malarial infections and have had a succession of agues. But far from it, the congestion of the liver comes on insensibly during even a short stay in these districts à mal'aria.

3rd. *Congestions connected with Gout.* — Congestion is prominent among the many changes which the liver undergoes from the influence of gout. At the outset of an attack of gout, and often even before there are any local symptoms, the liver is

tumefied and tender under pressure. This general susceptibility must not be confounded with the pain or uneasiness caused by the presence of gall-stones in the bladder. While an attack of gout is breeding, such stones, by the irritation they set up, by the obstruction they are to the flow of bile, and by the hepatic colic which they occasion, often bring on congestion. There are many other cases in which the congestion can be attributed to none of these causes, and where the gouty diathesis only can be accused (Charcot).

Generally hepatic congestion both accompanies and follows an attack of gout.

In visceral gout the liver may be implicated in the same way as the great toe in ordinary gout. The attack of gout, instead of being localised in the extremities, fixes itself upon the liver and stomach, excites the circulation and causes great pain. As the attack wears off these symptoms decline.

The Water Treatment at Vittel.

Independently of the specific treatment of malarial disease with the sulphate of quinine, there are two important points to be attended to :

1st. To overcome the torpid state of the circulation in the liver, and to bring it into its natural condition.

2nd. To accomplish the reduction of the volume of the organ.

The means generally employed to unload the portal circulation are the saline purgatives. The use of these salts cannot be continued for a long time, and their withdrawal becomes necessary. But if instead of this medication a patient is put under a course of the water of the *Source Salée*, as it is regulated at Vittel, the laxative effect is soon felt, and every day the evacuations are sufficient to relieve the vessels, without lighting up any irritation of the intestines or letting down the bodily strength. This enfeeblement is too often the consequence of repeated purgations by drugs. There is a second object to be gained by using the Vittel springs. When after some days' drinking of the *Source Salée* its action is satisfactory, instead of continuing the use of it alone, I enjoin a supplementary proportion of water from the *Source des Demoiselles*. In this way I not only regulate the hepatic circulation, but employ an efficacious remedy for the anæmia which is always one of the results of malarial poisoning.

Further, I accelerate the lessening of the size of the liver by directing a cold douche, for a few seconds every morning, over the region where it is placed. It is a very quick way of getting rid of the super-

fluorous bulk. The cold douche also adds its tonic influence to that of the iron in the *Source des Demoiselles*, and thus the combined water treatment realises all the ends we have in view in seeking to neutralise the effects of the malarial infection.

All that has been said in reference to the treatment of the congestions from paludal poisoning applies equally to that of gouty congestions. In gout the intestinal troubles which impose the use of the *Source Salée* for their relief are too often accompanied by general debility. In such circumstances we do not trust exclusively to the effects of the *Source Salée*. We use it for a certain time and assure ourselves that the local symptoms of hepatic engorgement are giving way, and that strength is returning from the combination of the ferruginous water of the *Source des Demoiselles*. Arrived at this point, the way is open for adoption of the water of the *Grande Source* as counteracting the gouty diathesis.

IV.—CONSTIPATION.

Constipation depends on a great variety of causes. In women it is too commonly brought on by their sedentary habits, and by the little difficulties which social intercourse puts in their way. The end of this unnatural state of things is a partial paralysis

of the intestinal muscular tissue. At the same time the prolonged retention of hardened *fæcal* matter checks the secretions of the mucous membrane, and produces a state of local insensibility, so that the periodical desire to evacuate the bowels is lost.

Horse exercise, and the constant use of luxurious carriages, may also be mentioned as contributing to bring on this condition. Spring says that a temporary impediment to the venous circulation of the abdomen interrupts the regular evacuations. Cullen's idea was that these modes of locomotion induced an energetic absorption of the lubricating fluids of the bowels. It is quite certain that, in addition to other causes, there is always a spasmodic action of the sphincter muscles. The continuous agitation of the abdomen provokes an instinctive contraction of the muscles adjusted to prevent the exit of the contents of the bowel, and this action goes on for a longer or shorter time after the exciting succussions have ceased.

The influence of the gouty diathesis is also one of the efficient causes of constipation. The experience of every victim of gout will confirm what we say, that defective action of the bowels is one of the digestive troubles which attend his attacks, either in the acute or chronic form, and it may be

premonitory, precursory, or coincident. Or it may be the persistent difficulty of his otherwise tranquil intervals. Garrod attributes this defective peristaltic action of the intestines, in gouty habits, to some alteration of the blood by the excess of urate of soda.

But let the cause of the constipation be what it may, as soon as the state becomes confirmed, it is important to rectify it. Any one of the common purgatives will answer for the relief of a temporary obstruction. Persons so annoyed generally manage this matter for themselves without asking help of the physician. But it ought not to be so when the constipation is obstinate.

Indeed, if we give a purgative in these conditions, it will almost certainly remove a certain quantity of accumulated matter. But afterwards the intestinal immovability will be greater than ever. This, therefore, is one reason why we should not go on regularly administering purgatives, that the bowel soon loses the disposition to respond to them. But there is also another, in that when often repeated they produce a violent irritation of the mucous membrane, an accident which, above all others, is to be avoided in gouty patients, whose digestive organs ought to be the first care of the physician:

On the other hand, one cannot rest content with doing nothing, and leave the patient to risk all the complications that may ensue. These are numerous enough, and among them may be mentioned distension of the liver from stagnation of the portal circulation, predisposition to the formation of biliary calculi, dilatation of the veins of the rectum with the development of piles, congestion of the uterus, leading on to subacute inflammation, with all the consequent functional disturbances.

It follows evidently that this state, which there is too generally a tendency to treat with indifference or negligence, ought to be seriously regarded. We have just made it reasonably clear that the ordinary pharmaceutical means ought to be laid aside, and there is no need for scruple in saying that of all kinds of treatment that by the use of mineral waters is the most efficacious. The effects of the water of the *Source Salée* of Vittel is worthy of the attention of all practitioners. This water really is not purgative ; it is simply laxative. But the term laxative does not express all my meaning, since ordinary laxatives are only mild aperients, and if the *Source Salée* were only a mild aperient, any other simple thing of the same class would do as well. It is much more than that. It not only clears the passages without causing debilitating

losses for the patient, but it puts an end to the habit of constipation, it renews the natural functions of the bowels, giving force to their contractility and freedom to their secretions. This therapeutic action of the *Source Salée* is therefore, as I have said, something more than laxative. The tonic effect upon the alimentary canal is remarkable, —a permanent tonic effect which brings about the *restitutio ad integrum* of all the intestinal functions and lasts long after the patient has discontinued the use of the water.

To this internal administration of the water we add all the usual hydrotherapeutic practices, such as general douches, rectal douches, and immersion baths. All these means put together constitute a system of treatment incontestably powerful, and enable us to overcome all the difficulties of the most perverse and inveterate cases of constipation.

V.—ANÆMIA—CHLOROSIS.

Preparations of iron are universally accepted as the most important remedies in the treatment of anæmic chlorosis. But the debilitated stomachs of chlorotic patients often resent the use of the ordinary officinal combinations. Their use is of necessity suspended for fear of augmenting the gastric troubles.

Another impediment to their administration is that they arrest the natural action of the bowels, one of the most deplorable conditions for such patients, about one whom is most anxious that the digestive functions should be well supported.

As a substitute for the officinal preparations of which we have pointed out the evils, we have happily at our service the water of the *Source des Demoiselles*, which is eminently digestive and, by virtue of the magnesia which it holds in solution, instead of being astringent, is slightly aperient. The mineral matters contained in this water do not amount to any large quantity, but there is enough to meet the power of absorbing by the stomach. This is always very limited, and it is useless to order large doses. The laxative properties of the *Source des Demoiselles* act favorably upon the pelvic organs of young females, and by exciting activity of the local circulation promote the regularity of the monthly flow. Anæmic girls are subject to irregularities in the uterine functions, with amenorrhœa and various discharges, and it is for such invalids that the *Source des Demoiselles* is judiciously recommended. It is therefore well to bear in mind this fact, that it is *the only ferruginous water which does not cause constipation.*

COMPARISON OF THE WATERS OF VITTEL WITH THOSE OF CON- TREXÉVILLE.

Contrexéville has the great advantage of having been known for a long time, and the numerous cures of the sick who go there every year are the best proofs of the efficacy of the waters. In making observations on the comparative merits of the waters of the Grande Source of Vittel and those of the Source du Pavillon of Contrexéville we have no intention to say a word of disparagement as regards those of Contrexéville. Our only desire is to show that as the chemical composition is in each nearly the same, we might naturally expect to find a similarity in the effects when taken, and that, though by ancientness the Source du Pavillon stands first in reputation, there is some ground for disputing its superiority.

The waters of the Grande Source (Vittel) and those of the Source du Pavillon (Contrexéville) rise out of the same geological formation and have an almost identical composition. The chemical analysis which has been made in each case shows this, and we might conclude from the medical reports from each station that the effects are pretty

much the same. Yet when we come to enter into exact details, however close the general resemblance may be, we find it necessary, when referring to the question of their medical application, to hold in view certain distinctions founded upon the condition of the patients.

The figures given in the analytical reports show some difference in the amount of mineralisation of the two waters. The Grande Source contains in a given quantity of water only 1.523 gr., while the Pavillon has as much as 2.384 gr. of mineral constituents. This gives a difference of 0.861 gr. in favour of Contrexéville as regards quantity. Looking at it only in this light we should be forced to admit the marked superiority of the Source du Pavillon. But going further into the merits of the question, we may arrive at the conclusion that after all this greater richness is only apparent, and in fact masks a relative inferiority.

VITTEL (*Grande Source*).

Analysis for 1000 Grammes.

Carbonic acid free	small quantity.
Bicarbonate of soda	0'0510
Bicarbonate of magnesia	0'0737
Bicarbonate of lime	0'2025
Bicarbonate of iron	0'0088
Bicarbonate of lithia	0'0014
Silicate of soda	0'0390
Silicate of lime	0'0035
Phosphate of lime	0'0023
Sulphate of soda	0'2461
Sulphate of magnesia	0'1824
Sulphate of lime	0'6800
Chloride of potassium	} 0'0903
Chloride of sodium	
Chloride of magnesium	
Traces of fluor, manganese, of arseniate of iron, aluminium, strontian, boric acid, organic matters	0'0420
Total	1'5230

CONTREXÉVILLE (*Source du Pavillon*).

Analysis for 1000 Grammes.

Acide carbonique libre	0'080
Bicarbonate de magnésie	0'035
Bicarbonate de chaux	0'402
Bicarbonate de fer	0'007
Silice	0'015
Sulfate de soude	0'030
Sulfate de magnésie	0'236
Sulfate de chaux	1'165
Bicarbonate de lithine	0'004
Chloride de sodium	0'004
Chloride de potassium	0'006
Fluoride de calcium	traces.
Arsenic	traces.
Total	2'384

Let us, for a moment, examine in regard to which elements this difference of mineralisation holds good. It will be found that it is chiefly in respect to the salts of lime. The Source du Pavillon in the quantity of water analysed has 1·567 gr.; that of the Grande Source, 0·887 gr. which gives a surplus of 0·68 gr. for the Source du Pavillon, and of this 0·68 gr. as much as 0·48 gr. is found to be sulphate of lime. It is on this ground that it has been said, and is now constantly repeated, that the water of Contrexéville is *stronger* than that of Vittel. For the public, which is accustomed to estimate the value of a medicine by its weight or bulk, and to imagine that its curative action must be in proportion to the quantity taken, the water of Contrexéville is stronger than that of Vittel. But the physician, who takes another view of the subject, comes to a different conclusion. This supposed additional superiority of the Source du Pavillon in sulphate of lime ought rather to be considered a drawback. This salt is notoriously difficult of digestion, and to assimilate even minute doses the stomach is required to make great efforts. The greater part of that swallowed passes into the intestines untouched. There it is nothing more than a foreign body, and, irritating the canal, brings on purgings, more or less violent according to the

state in which the bowels of the patient may happen to be. Remembering that these waters are generally administered to people troubled with gravel and gout, both conditions in which the digestive organs are much enfeebled, we may fairly ask whether there can be any advantage in making them try to assimilate a water so charged with sulphate of lime. We may refer to the report of M. Ossian Henry to the Academy, in which he points out the difference there is in the two waters in the matter of digestibility. His words are : "*The Grande Source in some respects is better than that of Contrexéville.*"

The inferiority of the Grande Source in its proportions of sulphate of lime is a ground for recommending it rather than the Source du Pavillon, and its better curative influence cannot be too widely known.

If now we go into the question of the composition of the salts of lime in the Grande Source, we shall find that besides the sulphate and bicarbonate of lime, which is in less proportion than in the Source du Pavillon, there are two other salts of lime not found in the Contrexéville water, namely, the silicate and phosphate of lime. I need say but little about the phosphate of lime ; it is in everyday use as a tonic and reconstituent. The pre-

sence of such an ingredient in a water specially employed for weak and growing invalids is a fact which adds greatly to its value.

Again, the proportions of the salts of magnesia are in favour of the water of Vittel. That of the Source du Pavillon is but 0·261 gr., while in the Grande Source it stands at 0·285 gr., an excess of 0·024 gr. over the proportion in the Source du Pavillon. Here the pretended strength of the water of Contrexéville is no longer found. Just now we remarked on the smaller quantity of sulphate of lime in the Grand Source as a point of superiority over its rival. We may now assert it again on the ground of its relative richness in magnesia. The salts of magnesia have well-marked therapeutic qualities. The bicarbonate is an excellent stomachic, and is much used in cases of dyspepsia. Now, in the Grande Source, the estimated quantity is 0·073 gr. ; that of the Pavillon no more than 0·035 gr. In the sulphate of magnesia we have a purgative which unloads the bowels by exciting their natural secretions. The Grande Source contains 0·182 gr., the Pavillon 0·236 gr ; but this deficiency is replaced by the sulphate of soda, of which salt the Grande Source yields 0·246 gr., while the Pavillon has only 0·030 gr. The aperient power of the Grande Source is kept up by this substitution, and it is

about equal in the two waters. There is also in the Grande Source a salt, the chloride of magnesium, 0·03 gr., of which there is no trace in the water of the Source du Pavillon. This salt, like most of the chlorides, is a nutritive stimulant. There are therefore, as we see, two important constituents—the phosphate of lime and the chloride of magnesium—in the water of Vittel which are absent altogether from the water of Contrexéville.

Certain chlorides are common to both waters. The Source du Pavillon contains 0·004 gr. of chloride of sodium, and 0·006 gr. of chloride of potassium; the Grande Source 0·030 gr. of chloride of sodium, and 0·30 gr. of chloride of potassium, a mean difference of 0·025 gr. for each salt in favour of the Vittel water. The chloride of sodium is a stimulant which is of great importance in regard to general nutrition. The action of chloride of potassium concerns us more nearly. It is an agent which favours the oxidation going on in the blood-globules, and the result is seen in the quicker transference of organic tissue, of which we can gauge the intensity by the amount of the extra elimination of urea. Under the use of this salt it is as much as 20 per cent. (Rabuteau). For us this fact is most important. The excess of uric acid in the blood of patients with gravel and gout pro-

ceeds from a lessened activity in the organic combustions. Now, in the chloride of potassium we possess an agent which localises its influence on the blood-globules, stimulating the phenomena of combustion which goes on in them, and results in the destruction of superfluous uric acid. There we have an explanation of the diminution of the formation of uric acid, which is commonly seen after the use of the water of Vittel.

We may thus summarise the preceding observations :

1st. The water of the Grande Source of Vittel is quite equal to that of the Source du Pavillon of Contrexeville in its medicinal qualities.

2nd. That what difference there may be in the proportions of the mineral ingredients of these waters is to the advantage of the Grande Source, and gives reason to consider it as superior to the Source du Pavillon.

3rd. The smaller quantity of the salts of lime in the Vittel water makes it more easy of digestion than that of Contrexéville.

4th. The salts of magnesia, especially the bicarbonate, exist in larger proportions in the water of the Grande Source than in that of the Pavillon, and are also on that account more easily digested.

5th. We must distinctly give the preference to

the water of the Grande Source as tonic and re-constituent. First it contains the phosphate of lime and the chloride of magnesium, which are not present in the water of the Source du Pavillon, and secondly, the proportions of the chlorides of sodium and potassium are much larger in the Vittel water. These differences are of no small importance in reference to the class of patients who have recourse to these springs.

Other Springs. — Contrexéville possesses no springs which can be compared with those at Vittel, the *Source Salée*, the *Source Marie*, and the *Source des Demoiselles*. Having so fully established the superiority of the Grande Source over that of the Source du Pavillon, we need not prolong this section by noticing springs of less importance.

Transport and Preservation.

Dr. Peschier, of Paris,* has some remarks on this subject: "The water of Contrexéville when transported loses many of its qualities, and becomes heavy and indigestible. It is a pity that it should be so, but the fact is admitted even by its partisans. How many invalids there are obliged by circum-

* Peschier, 'Notice sur les Eaux Minérales de Vittel,' Paris, 1885

stances to drink this water away from Contrexéville who can only obtain insignificant or negative results when they had been led to expect speedy relief or a cure at some indefinite time ! How many there are who, having gained great benefit by their visit to the springs, might continue their treatment and perfect their cure, find that they must put off the realisation of their hopes till another season ! How many there are too who, having been disappointed by their experience of the transported water have, to their great loss, been deterred from going direct to the springs.

“ The late M. Bouloumié, impressed by the traditional repute of the waters of Vittel, and assured by repeated experience that they are most easily digested, even by stomachs almost exhausted, and that their laxative effect is more sure and durable than that of the water of Contrexéville, and that, moreover, they have the advantage of keeping their virtues intact after conveyance to long distances, thought that he was doing a public service in calling the attention of the Academy to them.

“ Independently of the fact that, from their very constitution being less calcareous and more magnesian than the water of Contrexéville, they were more aperient and easier of digestion, and better bear removal to a distance, their preservation in

bottle is guaranteed by the way of bottling in use at the springs. The ingenious apparatus, invented by M. Ossian Henry and M. Bouloumié, senior, by means of which the bottles are filled at the bottom of the spring, secures the water from all contact with the atmospheric air."

Why are these waters better than other waters? They spring out from the top of a little hill, after percolating through rocks and sand, and have, over many in the neighbourhood, the advantage of being the product of an ascending filtration, by which process all matters which might have been in suspension were cleared from them. In this way it is that, at their point of emergence from the rock or soil, nothing else can be discovered in them besides the mineral ingredients, kept in a state of complete solution by the carbonic acid gas. This absolute purity, and absence of any organic matter, must be taken as the reason of the well-authenticated and perfect preservation of the waters of Vittel.

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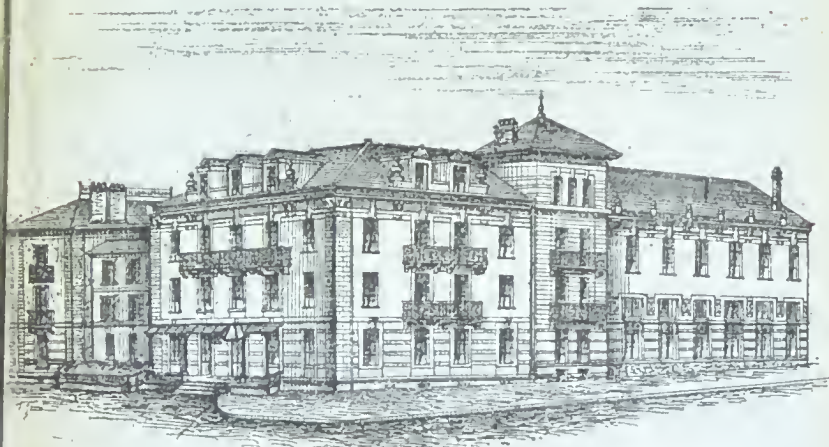
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(Vue prise du Théâtre)

Notice

L'hôtel CHATILLON-LORRAINE, construit en 1884, peut recevoir facilement 120 voyageurs. Ce bâtiment placé entre la gare et les sources orne l'entrée du parc, et n'est qu'à quelques pas du Casino et du Théâtre. Outre ses chambres ordinaires qui ne laissent rien à désirer, ni pour l'exactitude du service, ni pour l'élégance du mobilier, il possède à chaque étage plusieurs jolis appartements avec balcon, ayant vue sur la campagne et les coteaux boisés des environs; les expositions, les aspects les plus variés, flattent l'œil du spectateur.

Les vastes dimensions de la salle à manger lui permettent de recevoir 200 convives; sa décoration intérieure est une œuvre d'art remarquable.

Les approvisionnements de l'Office sont toujours de premier choix.

*Pour tous Renseignements, s'adresser au Directeur
de l'Hôtel.*

ÉTABLISSEMENT THERMAL DE VITTEL

EAUX MINÉRALES NATURELLES

FRANÇAISES ET ÉTRANGÈRES

A. GEORGEL

16, Rue de Hanovre, 16

PARIS

Cette Maison, spéciale pour la vente au DÉTAIL, se recommande aux Familles par l'exactitude dans les livraisons et la modicité des prix.

Livraisons à Domicile, dans Paris, dans les 24 heures, et Expéditions en Province, par caisses de cinquante bouteilles.

Vittel, 75 et 70 c. au-dessus de 20 bouteilles — Vichy (sources de l'Etat), 75 c — Soultzmatt-Nessel, 60 c. — Vals (Saint-Jean et autres), 70 à 75 c. — Pougues, 70 c. — Hunyadi-Janos, 70 c. — Saint-Galmier (Badoit), 30 c. — Saint-Galmier (Noël), 25 c. — Orezza, 1 fr. — Royat, 75 c. — Bourbonnole, 90 c. — Bussang, 55 c.

BUREAU CENTRAL DES RENSEIGNEMENTS

LOCATION ET DISTRIBUTION DE NOTICES

POUR

L'ÉTABLISSEMENT HYDROTHERAPIQUE

DE

DIVONNE-LES-BAINS

VITTEL

HOTEL CONTINENTAL

Contigu à l'établissement
dirigé par M^{me} VALÉRIE LHOMME,
propriétaire, ancienne directrice
des grands Hôtels
de l'Établissement de Vittel.

Cet Hôtel a été construit en 1883, le premier près des
grands Hôtels. Il se compose de :

1 Salon ;

4 Salles à manger ;

50 Chambres de maître ;

2 jolies Terrasses avec galeries dominant le jardin de
l'Hôtel et le parc de l'Établissement ;

Cuisine de premier ordre.

Prix : Chambres, nourriture et service compris,
de 8 à 14 francs par jour.

OMNIBUS A TOUS LES TRAINS

DÉPÊCHE TÉLÉGRAPHIQUE :

HOTEL CONTINENTAL VITTEL

VITTEL

HOTEL DE LA PROVIDENCE

Chambres bien meublées.

Vue sur la grande place de Vittel.

MOUTON-JACQUOT

A VITTEL (Vosges)

TABLE D'HOTE A 10 ET A 6 HEURES

DÉJEUNERS ET DINERS A TOUTE HEURE

CHEVAUX ET VOITURES A VOLONTÉ

PRIX : 7 à 8 francs

SERVICE ET OMNIBUS COMPRIS

VITTEL

HOTEL DES SOURCES

Cet Hôtel, le plus ancien de Vittel, autrefois situé sur une des places de la ville, vient d'être reconstruit à l'entrée même du parc de l'établissement dans les meilleures conditions de confortable.

Il renferme : 40 Chambres de maître;

1 Salon;

1 Billard;

1 Fumoir;

1 Grande Salle à manger et des Salles à manger particulières.

Très belle vue sur le Parc, le Casino et la vallée du Vair.

Restaurant, Salons particuliers, Déjeuners et Dîners à la carte.

PRIX

Premier Étage et Rez-de-Chaussée 8 fr.

Deuxième Étage 7 fr. 50

Service compris.

OMNIBUS GRATUIT A TOUS LES TRAINS

GÉRARDMER

HOTEL BELLEVUE

E. ADAM

PROPRIÉTAIRE

Cet Hôtel et pension, existant déjà depuis un certain nombre d'années, mérite sa bonne réputation par son confortable sérieux et sa belle situation le plus près du lac et de l'établissement hydrothérapique. Grand jardin garni de quantité de sapins. Vue magnifique sur les montagnes Salon de réunion. Fumoir: Billard.

DÉJEUNERS ET DINERS A TOUTE HEURE

TABLE D'HOTE à 11 heures 1/2 et à 7 heures

OMNIBUS A TOUS LES TRAINS

VOITURES POUR PROMENADES ET EXCURSIONS

English spoken. — Man spricht Deutsch

GÉRARDMER

HOTEL DE LA POSTE

HOTEL DE FAMILLE

100 CHAMBRES & SALONS

Vue sur le Lac

SALONS DE RÉCRÉATION ET DE LECTURE

FUMOIR ET BILLARD

VASTE JARDIN D'AGRÉMENT

AVEC ÉTABLISSEMENT HYDROTHÉRAPIQUE

ATTENANT A L'HOTEL

PRIX MODÉRÉS

REITERHART, propriétaire

MONTAGNES des VOSGES

COL DE LA SCHLUCHT

(Altitude, 1,150 mètres)

HOTEL & PENSION

TENUS PAR

DEFRAUX-MOHR

Cet Etablissement est formé de :

1^o Un Hôtel entièrement neuf, 100 lits. — Table d'hôte.
Salle de Café et Fumoir. — Salon.

2^o Chalet Hartmann, magnifique Terrasse d'où l'on jouit
d'une vue splendide sur l'Alsace, la forêt Noire et les
Alpes.

Service régulier partant de l'Hôtel et correspondant avec les
trains de Gérardmer et Munster (Alsace).

REPAS A LA CARTE & A TOUTE HEURE

L'Hôtel est ouvert toute l'Année

CENTRE DE MAGNIFIQUES EXCURSIONS

BALLON D'ALSACE

(Altitude, 1,256 mètres)

HOTEL DU BALLON

(Altitude, 1,100 mètres)

MARTZOFF

PROPRIÉTAIRE

Au pied du Ballon d'Alsace et à 20 minutes du sommet. — Vue magnifique des Vosges et splendide séjour pour promenades et cures d'air. — Excellente route conduisant aux deux stations de Giromagny-Belfort et Saint-Maurice-Bussang.

SERVICE DE VOITURES DE L'HOTEL DU BALLON AUX DEUX STATIONS

VOITURES DE LOUAGE

BELFORT

HOTEL DE L'ANCIENNE POSTE

MARTZOFF

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aux Touristes*

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(HAUTE-MARNE)

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LACORDAIRE LOGEROT

Propriétaire

Établissement de premier ordre, à proximité des thermes et spécialement destiné aux baigneurs et aux familles.

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GRANDS ET PETITS APPARTEMENTS

VILLA. — VASTES JARDINS. — BEAUX OMBRAGES

SALONS DE MUSIQUE, — DE CONVERSATION

SALLES PARTICULIÈRES

TABLE D'HÔTE ET SERVICE A LA CARTE

SALLE A MANGER DE 250 COUVERTS

GRANDS VINS DE TOUS CRUS

TÉLÉPHONE. — BOITE AUX LETTRES

Voiture de malade. — Chaise à porteurs

OMNIBUS A TOUS LES TRAINS

PRIX MODÉRÉS

FIRST CLASS HOTEL

HANDSOME APARTMENTS. — SALONS.

PRIVATE SERVICE

OMNIBUS TO AND FROM THE TRAINS

N I C E

HOTEL ROUBION

Propriétaire : ROUBION fils

De la Réserve de Marseille

AVENUE DE BEAULIEU : A L'ANGLE DE L'AVENUE DE LA GARE

EXPOSITION EN PLEIN MIDI

HOTEL ENTIÈREMENT REMIS A NEUF

ARRANGEMENTS POUR FAMILLES

TABLE D'HOTE

SERVICES PARTICULIERS

ASCENSEUR HYDRAULIQUE A TOUS LES ÉTAGES

A proximité de la Gare et des théâtres

OMNIBUS A TOUS LES TRAINS

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On peut traiter des agrandissements. — Reproductions en noir ou peinture par correspondance.

LIGNE DE PARIS A BELFORT

BUFFET DE TROYES

TENU PAR

BOURGOIN-FICHAUX

RESTAURANT — TABLE D'HÔTE

Les Trains rapides et express partant de Paris le matin se dirigeant aux Stations balnéaires Belfort et Bâle ont le temps nécessaire pour déjeuner soit à Table d'Hôte ou à la Carte.

Le déjeuner de Table d'Hôte est à **3 francs** et se compose comme suit :

· 4 Plats: Poisson. — Œufs. — Deux Entrées, Viandes garnies. — Fromages. — Dessert. — Vins rouge ou blanc ou Bière.

Les Trains express venant de Belfort et prenant les voyageurs aux Stations balnéaires ont seuls le temps nécessaire pour dîner soit à Table d'Hôte, soit à la Carte.

Le dîner de Table d'Hôte est fixé à **4 francs** et se compose comme suit :

Potage. — Poisson. — Entrée de boucherie. — Rôt de Volaille ou Gibier. — Légumes. — Entremets. — Dessert. — Fromages. — Vin ou Bière.

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Escargots et Andouillettes de Troyes

Vins et Liqueurs.

SALONS PARTICULIERS

GÉRARDMER

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ET DE

VOYAGE

M. AUGUSTE HENRY

Correspondant du Chemin de fer à Gérardmer

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Aix-les-Bains.	2 »	France.	4 »
Eaux minérales des		Paris	5 »
Vosges (Vittel, Con-		Paris (en anglais). . .	5 »
trexéville, Plombières,		Stations d'hiver de	
Bains, Luxeuil, Bour-		la Méditerranée. . .	3 50
bonne, Gérardmer), par		Vichy et ses environs.	2 »
AM. BOULOUMIÉ, 1 vol. .	3 »	Vosges, Alsace et	
Mont-Dore et les Eaux		Ardenne.	5 »
minérales d'Auvergne.	2 »		

ÉTRANGER

Belgique.	5 »	Suisse.	6 »
Hollande et bords du		Tyrol, Bavière, Autriche-	
Rhin	5 »	Hongrie	6 »

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Provence	7 50	Champagne et Ardenne	7 50
Corse.	5 »	Vosges	7 50
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In all affections OF THE CHEST. GLANDULAR TUMOURS, RHEUMATISM, SCROFULOUS AND LYMPHATIC AFFECTIONS, POORNESS OF BLOOD IN CHILDREN, FLUOR ALBUM, etc., etc. It is also highly recommended for nurses, and ladies in their confinements. A COURSE OF THE PEPSINE PILLS IS VERY BENEFICIAL WITH COD LIVER OIL.

According to M. Soubeiran, Professor of the College of Pharmacy at Paris, this Oil is richer in its medicinal properties than the darker Oils (see Treatise on Pharmacy, page 5(3). *La Revue Médicale* (Déc. 1851) has published an article wherein it is proved that Mr. Hogg's Oil, besides its natural qualities, possesses fattening and strengthening elements, much preferable to other species of Oil. light or brown — and above all, M. Lesueur, head of the Chymical Laboratory of the Faculty of Medicine, of Paris, has proved by analysis, that the straw coloured Cod Liver Oil of Mr. Hogg contains almost double the quantity of active principles than Oils of a deeper colour.

It is easy to understand this superiority, by the simple fact that Messrs. Hogg and Co. collect themselves the Oil at the fisheries, and that it is extracted, in special apparatus, from the large livers of the species *gadus*, freshly caught, and chosen with care. This Oil, the product of fresh livers, before having become tainted, is naturally straw-coloured and is by no means disagreeable to the palate, on the contrary it possesses the smell and taste of the fresh oyster.

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AU BENZOATE DE LITHINE FERRUGINEUX OU SANS FER

PARIS. — Rue Ste-Anne, 71. — PARIS

MÉDAILLE D'ARGENT, Paris, 1875.

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DES CURES THERMALES

de la Goutte, de la Gravelle, des Rhumatismes gouteux
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Les Pilules sont journellement ordonnées avec succès depuis six ans par les médecins spécialistes. Elles sont considérées comme l'auxiliaire indispensable des Eaux minérales alcalines de Vittel, Vichy, Contrexéville, Royat, etc. Certains médecins les font prendre pendant la cure aux Eaux, d'autres immédiatement après. Les accès de Goutte s'éloignent d'abord en diminuant d'intensité et finissent par disparaître plus tard sous l'influence d'un traitement fait avec persévérance sous la direction d'un médecin. Dans la Goutte, ce traitement curatif peut varier de 2, 3 à 4 ans au plus, selon la quantité d'accidents uriques accumulés dans le sang. Dans les cas de Rhumatismes gouteux et de Gravelle urique ou phosphatique, les effets sont presque immédiats.

Le Flacon de cent pilules. **10 fr.**

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Chlorose, Anémie, Rachitisme, etc.

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DÉPENDANCES AU FAUBOURG DE MACON

TÉLÉPHONE

ADRESSE TÉLÉGRAPHIQUE :

DUPONT-JAMBON
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EXPOSITION UNIVERSELLE DE 1878

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VINS & SPIRITUEUX

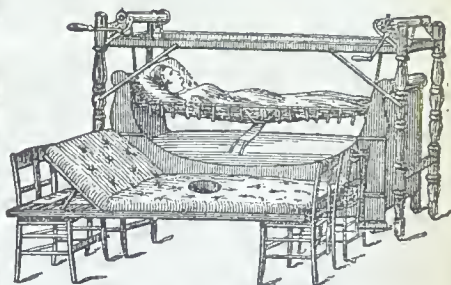
ENVOI FRANCO DU CATALOGUE ILLUSTRÉ SUR DEMANDE

TÉLÉPHONE

DIPLOME D'HONNEUR, Ex
Médaille de 1^{re} Cl
MÉDAILLE D'ARGENT, EXPOSITION UNIV
2 Médailles d'Or

DUPRE

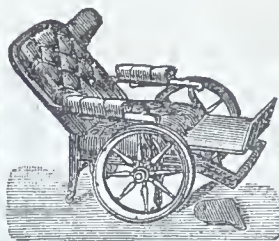
PARIS, rue Hautefeuille, 10, au coin



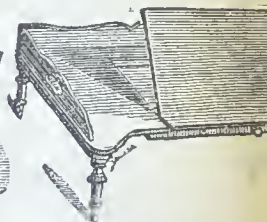
Appareil s'adaptant à tous les lits,



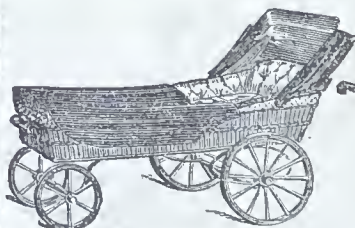
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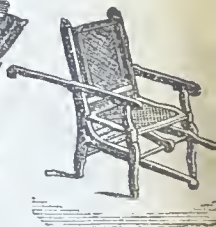
VOLTAIRE ARTICULÉ
à grandes roues mains-courantes.



TABLETTE-PUP



VOITURE LONGUE
pour Coxalgie, caisse osier, avec tablier
et capote.

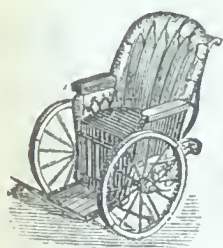


OUVERT
Portoir

Exposition Internationale, PARIS 1875
 Bruxelles 1876
 Exposition Universelle 1878 — MÉDAILLE D'OR, PARIS 1879
 Exposition Universelle, Bordeaux 1882

ONT

1 rue Serpente (près de l'Ecole de Médecine)



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pour les malades, avec porte-pieds à 2 lames
 pouvant l'une sur l'autre.

Fauteuil avec grandes
 roues caoutchoutées.
 mû par 2 manivelles



FAUTEUIL GARNI
 mû par 2 manivelles.



Table-Pupitre.



FERMÉ



OUVERT

VOLTAIRE ARTICULÉ

Siège peu profond pour soulager les personnes
 atteintes d'oppression ; porte-jambes à 2 articulations.

DIPLOME D'HONNEUR : Exposition du Travail, Paris, 1885
 MÉDAILLE D'OR 1^{re} Classe, Académie Nationale, 1886

J. CHAGOT & C^{IE}

VERRERIES DE BLANZY

(Saône-et-Loire)

VITTEL

BRASSERIE DE LA SAMARITAINE

PERRUT FRÈRES jeunes et BARJONNET

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Bière Bock

Spécialité de Bières en bouteilles

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VITTEL

CONSTRUCTION

D'HOTELS, VILLAS

MAISONS PARTICULIÈRES

PARROT

ENTREPRENEUR A VITTEL

TRAITE A FORFAIT POUR LA CONSTRUCTION

SUR PLANS

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Il tient à la disposition du public des plans de Villas à des prix variant de 15,000 fr. à 40,000 francs.

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KIRSCH DES VOSGES

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A M. THOUVENOT, Pharmacien à Vittel

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DE
MACARONS DE VITTEL

Ancienne Maison Ch. CLÉMENCIN

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A VITTEL (Vosges)

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" TABLETS " AMMONIUM BROMIDE.—5 Grs.

" TABLETS " AMMONIUM CHLORIDE.—3, 5, and 10 Grs.

" TABLETS " CHLORIDE OF AMMONIUM WITH BORAX
5 Grs.

" TABLETS " BISMUTH SUBNITRATE.—5 Grs.

" TABLETS " CAFFEINE CITRATE.

" TABLOIDS " MANGANESE DIOXIDE.—2 Grs.
(MANGANESII OXIDUM NIGRUM.)

" TABLETS " CINCHONIDIA SALICYLATE.—2 Grs.

" TABLETS " CATHARTIC COMP. (U.S.P.)

" TABLETS " IPECAC. AND OPIUM COMP.—5 Grs
(DOVER'S POWDER.)

" TABLETS " IPECAC. POWDERED.—5 Grs.

" TABLETS " LAXATIVE VEGETABLE.

" TABLETS " LITHIA CARBONATE.—2 Grs.

" TABLOIDS " PEPSINE (FAIRCHILD).—1 Gr.

" TABLETS " PEPTONIC.

(PEPSIN, PANCREATIN, LIME LACTO-PHOSPHATE, EQUAL PARTS.)

" TABLETS " POTASH BICARBONATE.—5 Grs.

" TABLETS " POTASSIUM BROMIDE.—5 Grs.

" TABLETS " CHLORATE OF POTASH.—5 Grs.

" TABLETS " CHLORATE OF POTASH AND BORAX.

" TABLETS " POTASSIUM IODIDE.—5 Grs.

" TABLETS " POTASH PERMANGANATE.—1 Gr.

" TABLETS " POTASH NITRATE.—5 Grs.
(SAL PRUNELLA.)

" TABLETS " QUININE BISULPHATE.—2 Grs.

" TABLOIDS " ANTIPYRIN.—5 Grs.

" TABLOIDS " RHUBARB AND SODA COMP.
(Rhei 3 gr., Sodii Bicarb. 2 gr., Zingiberis 1/2 gr.)

" TABLOIDS " RHUBARB AND SODA.

" TABLOIDS " URETHANE.—5 Grs.

" TABLETS " SODA-MINT (OR NEUTRALISING).
(Sod. Bicarb. 4 gr., Ammon. Carb. 1/4 gr., Ol. Menth. Pip. 1/6 gtt.)

" TABLETS " SODIUM CHLORATE.

" TABLETS " SODIUM BICARBONATE.—5 Grs.

" TABLETS " SODIUM BROMIDE.—10 Grs.

" TABLETS " SODIUM SALICYLATE.—3 Grs.

" TABLETS " SODIUM SULPHO-CARBOLATE.—5 Grs.

" TABLETS " SODIUM IODIDE.—5 Grs.

" TABLOIDS " STROPHANTHUS.

Each Tablet contains two minims of the Tincture of Strophanthus, prepared of the strength of one in twenty, and from the seeds only.

" TABLOIDS " TRI-NITRINE AND AMYL NITRITE.
(Tri-nitrine 1/100 gr., Nitrite of Amyl 1/4 gr.)

COMP. ZYMIN " TABLOIDS " (FAIRCHILD).
(Zymine—Ext. Pancreatis—2 gr., Bismuth Subnitratis 3 gr., Pulv. Ipecac. 1/10gr.)

VOICE " TABLOIDS."

(COCAINE WITH CHLORATE OF POTASH AND BORAX.)

The Tablets or Tabloids which are intended for local effect, as upon the throat, are compressed hard, and dissolve slowly, acting as a concentrated and continuous application; while those intended for internal administration, as Quinine, Cathartics, &c., are compressed lightly and dissolve readily. Their bi-convex form renders them easily swallowed, and acceptable to patients who cannot swallow round pills. They are very portable and convenient for travellers.

Flexible Morocco Pocket Cases, containing 20 2-drm. vials of above (assorted), post free for 18s.; or Superior Case, with 16 3-drm. vials, 25s.

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